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COMPANY WORKING ON WHAT COULD BE THE PREMIER DELIVERY METHOD OF THE FUTURE
PAGE 20

How Sleepy Hollow was sold to weary Hollywood

What not to say to veteran showrunners PAGE 26

Former boss not surprised by spy charges

Canadian accused of leaking shipbuilding secrets to China called 'warped,' an advocate for Communism PAGE 4

Listen, womb — there can be only one

Avoiding twins or even greater multiple births has become a prominent goal for fertility doctors PAGE 10

Feds spending billions a year on outside help

External contractors.
Critics say cuts to public service may be costing more in the long run

As the federal Conservatives cut the ranks of the public service, spending on extra professional services for departments and agencies has been steadily increasing to more than $10 billion a year, a Torstar News Service analysis reveals.

Federal departments and agencies spent more than $10 billion a year for the past four years on professional services — work like management consulting, IT assistance and engineering, purchased from external contractors or from other government entities. That's up from the $7.8 billion spent in 2006, a 27.8 per cent increase under Prime Minister Stephen Harper's tenure.

Treasury Board officials say the contracting is required to address unexpected workload fluctuations or to acquire special expertise. But critics say it's a costly attack on the public service that the Conservatives have never fully trusted.

"We have no evidence that the use of external consultants actually costs the taxpayer less," said Mathieu Ravignat, the NDP's Treasury Board critic, on Wednesday. "I think Canadians are better served by (the public service) than a consulting company that Canadians know very little about."

The number of contracted services could continue to increase as the government works its way through plans to eliminate 19,200 positions from the core public service by 2015.

Ravignat said the increased reliance on private contractors spells trouble for transparency in government operations — the public can request to access information from public servants, but not from a private management consulting firm.

TORSTAR NEWS SERVICE

Running total

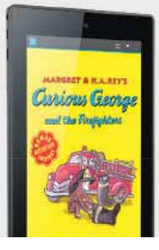
$67B

Over Prime Minister Stephen Harper's seven-year tenure, the federal government has spent more than $67 billion on outside professional help.

FOR THE FULL STORY, HEAD TO METRONEWS.CA

SLEDGE HAMMERED

Canada's Marc Dorion gets checked by Russia's Ilia Volkov on Monday at the 2013 World Sledge Hockey Challenge at the Mastercard Centre in Toronto. This four-nation challenge is a primer for the Paralympics to be held in March in Sochi. Head to metronews.ca for the full story. RICHARD LAUTENS/TORSTAR NEWS SERVICE



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Subway

Relief-line study set to go ahead

City planners are ready to move ahead in studying a relief subway to take some of the crowding off the Yonge and Bloor-Danforth lines.

They are hoping to gather public input into the study process early in the new year, according to a report before Toronto's planning and growth management committee on Wednesday.

Once council approves the study process, likely by next summer, transit planners would then begin developing a "long list" of routes, terminus points and stations.

It will be 2015 before that is whittled into a short list and the preferred options are evaluated.

TORSTAR NEWS SERVICE

Report

Prospect of more digital billboards draws opposition

Complaints from residents about sleepless nights due to the glare of flashing, electronic signs will increase if council adopts city staff recommendations contained in a new report, critics warn.

The manager of the city's bylaw unit, however, says it's an exaggeration to suggest the proposals will result in a "massive expansion" of digital signs or more sleep-deprived citizens.

Officials in the city's building department are recommending electronic signs be permitted in commercial/residential districts.

TORSTAR NEWS SERVICE

Lack of public trust thwarts transit: Tory

Queen's Park. Citizens don't trust politicians to manage money properly, says chair of non-partisan CivicAction Alliance

John Tory, chair of CivicAction, speaking about the importance of transit at Queen's Park on Monday.
RICHARD J. BRENNAN/TORSTAR NEWS SERVICE

The biggest roadblock to public support for transit is voter distrust of politicians, says civic activist John Tory.

Tory, chair of the CivicAction Alliance, told MPPs from all parties Monday that taxpayers simply believe governments of all stripes and at all levels will take money collected for transit and "piddle" it away on other things.

Right now taxpayers are "terrified that that money is somehow going to end up in the same place that a lot of other money has ended up … which they will often call the black hole," said Tory, who also hosts The Live Drive on Newstalk 1010.

CivicAction looks at the region's social, economic and environmental challenges.

Tory said the non-partisan group is focused on "dedicated funding in a separate fund that is very transparent, that is governed in a way that the public can have confidence."

Standing near a blow-up of Metrolinx's so-called Big Move transit plan for the Greater Toronto and Hamilton Area, Tory took a shot at the Ontario opposition parties as well as the federal government for not doing their part to promote public transit.

According to Tory, the Conservatives' promise to build transit by cutting waste just isn't practical and the NDP, which once led the crusade for investment in public transit, is no longer in that leadership position.

"I think both the opposition parties are disappointing. That doesn't mean the Liberals are perfect but at least they have been speaking up and being a bit more forthright about this," said Tory, adding that Ottawa has also failed transit users.

"What they (the federal government) are not doing is having a consistent, reliable presence in transit going forward, not just in the Toronto region but cities across the country. They are alone among major western industrialized countries in not playing some role, especially as people gravitate to live in cities more," he said.

Tory noted that CivicAction has deliberately avoided recommending ways to raise money for transit. In Toronto, 20 per cent of the 2.5 per cent proposed property-tax increase is to be set aside for transit.

TORSTAR NEWS SERVICE

Quoted

"(Taxpayers are) terrified that that money is somehow going to end up in the same place that a lot of other money has ended up ... which they will often call the black hole." John Tory, chair of CivicAction

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Man charged with leaking secrets also a T.O. landlord

Shipbuilding strategy. Former employer said he wasn't surprised to hear about the charges, given Huang's sympathies

The engineer accused of trying to leak classified information to China was described by a former boss as a vocal supporter of his home country's Communist government.

Qing Quentin Huang was arrested Sunday by RCMP, who allege the 53-year-old man attempted to pass on sensitive details about Canada's shipbuilding procurement strategy.

The charges relate to his job at the Burlington offices of Lloyd's Register, a sub-contractor for Irving Shipbuilding Inc. Huang also moonlighted as a landlord for at least five Toronto townhouses.

Before he started at Lloyd's Register, Huang was a naval architect with Alberni Engineering Inc., a shipyard in Port Alberni, B.C.

Ron Van Wachem hired Huang in 2001, and said he wasn't surprised when he heard his former employee had been charged. "I wouldn't expect anybody to do anything like that, but, you know — given the way he talked, it didn't surprise me," said Van Wachem, who is now the president of Nanaimo Shipyard Group.

Van Wachem said Huang, who was educated in China, was "highly supportive" of communism, which was a source of friction. "I had a few arguments with him about that," Van Wachem said.

"Other people made comments to me too about, 'Geez, that guy's a little warped,'" Van Wachem said. "Very smart, but when it came down to it — he was definitely not pro-capitalism, that's for sure."

After losing his job in Port Alberni in 2004, Huang lived with his then-16-year-old son on campus at Simon Fraser University. TORSTAR NEWS SERVICE

Quoted

"The remarks saying that a Canadian-Chinese male provided the Chinese government with confidential information is totally groundless."

Hong Lei, a spokesperson for China's foreign ministry, addressing the charges against Qing Quentin Huang in a press conference Monday

Don't curb your enthusiasm

Norbert Hegedus and Brittney Pawlick are the co-owners of Curbalicious Food Truck, a recent addition to Toronto's food-truck scene. Their helper and events co-ordinator is on the left. Curbalicious, custom designed, fabricated and built by the owners to be a full commercial kitchen on wheels, is one of the food trucks operating through the winter. They rely on Twitter and Facebook to get news out about their latest location and menu. KEITH BEATY/TORSTAR NEWS SERVICE

Coun. Doug Ford is angry that the premier is meeting with deputy mayor Norm Kelly. DAVID COOPER/TORSTAR NEWS SERVICE FILE

Doug Ford upset over Wynne meeting with deputy mayor

Premier Kathleen Wynne will meet Tuesday with Toronto deputy mayor Norm Kelly, bypassing Mayor Rob Ford after his admission of smoking crack and off-colour comments about oral sex.

News of the meeting, where Kelly said he plans to raise "a wide range of issues," prompted a tirade from Ford's brother.

Coun. Doug Ford, who has mused about running in Etobicoke North for Progressive Conservative Leader Tim Hudak in a provincial election expected next spring, appeared annoyed that his brother has been bypassed.

"So I guess it's going to be a meeting of two unelected officials running the largest city and largest province," Ford said Monday, calling for provincial and municipal elections.

"I've got an idea: why don't we go to the polls tomorrow, why don't we do a two-for-one deal — the unelected premier and the unelected deputy mayor? Why don't we just go to the polls and let the people decide like a true democracy rather than this coup d'état that's happening?"

Wynne came to power last February after being selected Liberal leader by party activists following the resignation of her predecessor Dalton McGuinty.

Kelly took issue with Doug Ford's jab.

"Residents of Scarborough-Agincourt voted for me, residents of Premier Wynne's riding voted for her, and having been voted, we each were voted into a system that chooses positions inside that system. So everything was done democratically and legitimately."

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Tired of Rob Ford? U.S. attack ad disses mayor

Living in infamy.
'What we're against is corruption in politics,' says campaign manager of New York congressional hopeful

Mayor Rob Ford was featured in an American political attack ad Monday as the embodiment of an unwanted politician.

The roughly 30-second ad for Republican congressional candidate George Demos called "One of Us" opens with a narrator asking if viewers are "tired of politicians?" It then features a picture of Ford, alongside U.S. President Barack Obama and Democratic congressman Tim Bishop.

The ad features Demos, formerly a federal prosecutor for the Securities and Exchange Commission, who is challenging Bishop in New York's 1st congressional district.

Since admitting to smoking crack cocaine, Rob Ford has captured headlines internationally and been the butt of jokes on U.S. late-night talk shows.

In a phone interview with Torstar News Service, Kevin Tschirhart, George Demos's campaign manager, said part of the reasoning behind featuring Ford in the ad was because "what we're against is corruption in politics."

"People want candidates who are going to get work done and are going to stand for what's right," Tschirhart said. "I wouldn't say we're necessarily comparing Bishop to Ford."

D'oh!

On CNN, Ford has been called the "crack-smoking mayor," "poster child of bad behaviour," and "most controversial politician."

He added that the focus of the ad was that people are tired of "politics as usual" and they chose their opponent as well as two other high-profile politicians.

The ad doesn't make any other comparisons between Bishop and Ford, but the narrator says, "George Demos knows the good guys from the bad. As a federal prosecutor, he threw crooks in jail because it was the right thing to do. And he'll never vote to raise taxes or support Obamacare."

It ends with the narrator saying, "George Demos will fight for us because he's one of us." TORSTAR NEWS SERVICE

Frame grab from George Demos's "One of Us" ad. TORSTAR NEWS SERVICE

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'Sad day for all of us' after police officer dies: Deputy chief

Const. John Zivcic in a 2008 photo.
TORONTO POLICE SERVICE HANDOUT

A Toronto police officer died Monday after he was critically injured in a crash over the weekend while responding to an emergency call.

Const. John Zivcic was rushed to hospital late Saturday afternoon after his vehicle collided with another car in the city's west end.

Zivcic had several operations at St. Michael's Hospital over the weekend, but he ultimately succumbed to his injuries early Monday afternoon, surrounded by family, police said.

"We're going to be burying a 34-year-old police officer and there's no way to describe the tragedy and the impact that that has on the Toronto Police Service and John's family," said Toronto Police Association president Mike McCormack.

Deputy Chief Peter Sloly made the grim announcement on behalf of the police service and Chief Bill Blair, who was out of town, but who Sloly said is "devastated."

"I want to express our thanks to John for his tremendous service to this city. He died in the line of duty doing his job responding to an emergency call, trying to keep the public safe. It's a sad day for all of us," Sloly said.

The driver of the other vehicle had minor injuries.

Zivcic has been described as a well-respected, hardworking police officer who was with the force for seven years.

The officer's family expressed their thanks to the public, St. Michael's Hospital, Toronto police and various other police services across the country, who expressed prayers over the weekend that Zivcic would pull through, McCormack said.

"They are so overwhelmed by the amount of support in this terrible, terrible time of grieving," he said. THE CANADIAN PRESS

Healthy obesity a myth, Toronto researchers say

New study. Forget the popular theory that you can be overweight and healthy

Excess poundage catches up with you in the long haul, concludes an analysis by scientists at Mount Sinai Hospital.

They looked into the evidence behind the much-hyped theory that you can carry extra pounds and still be healthy. This has been a headline-grabbing finding of many studies.

But in a study published Monday in the Annals of Internal Medicine, the researchers from Mount Sinai's Lunenfeld-Tanenbaum Research Institute have found the theory does not hold for subjects who were tracked for more than a decade.

Tackling obesity

"Accepting that no level of obesity is healthy is an important step toward deciding how best to use our resources and our political will to develop and implement strategies to combat the obesity epidemic."

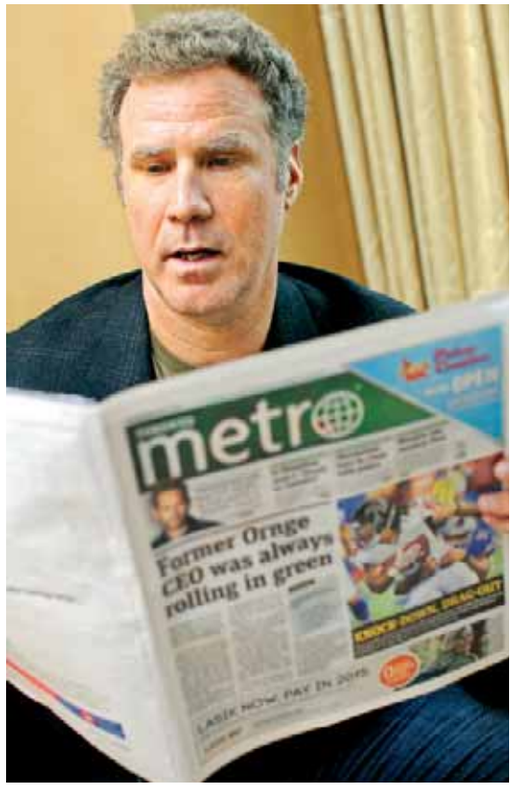
Editorial, Annals of Internal Medicine

"We think it is a myth because studies that have shown that were flawed in the sense that they did not track people long enough," said Dr. Bernard Zinman, director of Mount Sinai's diabetes centre and professor of medicine at the University of Toronto.

His team conducted a meta-analysis of eight previous studies, involving more than 61,000 individuals, with a mean follow-up period of 11.4 years.

They found those who were overweight and obese and had normal-range readings of cholesterol, blood sugar and blood pressure were at increased risk of premature death, heart attack, heart failure and stroke over the long term, compared to metabolically healthy normal-weight persons.

TORSTAR NEWS SERVICE



Will Ferrell talks Ron and Rob with Metro

Will Ferrell flew into Toronto on Monday intent on talking about his new film Anchorman 2, but inevitably the discussion turned to the topic of smoking crack. After all, his titular character, Ron Burgundy, indulges in the drug in the film — a pastime Mayor Rob Ford knows a little bit about. While Ferrell himself doesn't have much to say about Ford, Burgundy has been known to throw his support behind the embattled mayor, even performing "Rob Ford's campaign song" (Loverboy's Working for the Weekend) on jazz flute for Conan O'Brien a few weeks back. "Ron doesn't realize how much trouble Rob Ford is in," Ferrell explains. "He just thinks he's a great guy. Gregarious. Fun. Life of the party. Ron's advice would just be "keep doing what you're doing, it's obviously working."

TEXT: LIZ BROWN/METRO;
PHOTO: LIZ BEDDALL/METRO

'Nightmare' traffic driving GTA shoppers online

American retailers like Amazon are setting up warehouses like this one in Canada to cut shipping costs and times. ANDREW YATES/GETTY IMAGES

Traffic chaos in the GTA is a boon to retailers promoting the concept of Cyber Monday online shopping, retail experts say.

"Shopping in the kind of traffic we have in Toronto is a nightmare," said Cathie Mostowyk, founder of GTA-based shoestringshopping.com, in an interview on Monday.

It's understandable that GTA buyers would rather click a mouse than sit in traffic or fight for parking spaces, Mostowyk says.

Torontonians are more likely to shop online than anywhere else in the country, according to a recent Deloitte report. Toronto residents plan to spend 25.2 per cent of their holiday budgets online, compared to a national average of 18.9 per cent, according to Deloitte statistics.

Ryan Brain, a Deloitte partner and consumer expert, says online shopping makes buyers feel a greater sense of control in the shopping experience.

"The consumer is in total control now," Brain says.

There's also a growing sense of impatience with wasting time. "There's lots of evidence that consumers are more time-starved than ever before," Brain said.

Perhaps the most impatient shoppers are those with the most money.

"Interestingly, higher-income earners use the Internet more for research and flash-sales than lower income groups," the report says.

Shopper control also means online price checking.

TORSTAR NEWS SERVICE

Coming to Canada

Major American retailers are setting up warehouses here, to cut shipping costs and times.

- There's also a move to have free returns. That helps with shoppers who buy things like shoes. Buyers can order several pairs of shoes, try them all on, and just keep the pair that feels best.

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MLA in hot water over photo with blackface Christmas character

Halifax. MLA says he now realizes traditional Dutch Christmas character 'Black Pete' may be inappropriate

HALEY RYAN
Metro in Halifax

Liberal MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen at right, that he posted on Twitter. JEFF HARPER/METRO IN HALIFAX

The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening

"This is a Dutch tradition I grew up with and never, ever in my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many ways," because he's had to realize parts of his own culture might be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture, and met with Tony Ince, a black member of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns.

Read all about it. Brazeau lands himself new gig as Parliament Hill reporter

Suspended senator Patrick Brazeau has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip magazine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

Brazeau dropped off his application for accreditation to the parliamentary press gallery in person Monday afternoon. The press gallery's board of directors will now decide whether or not to accredit Brazeau.

THE CANADIAN PRESS

Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Manitoba

Opposition leader wishes 'infidel atheists' a happy holiday

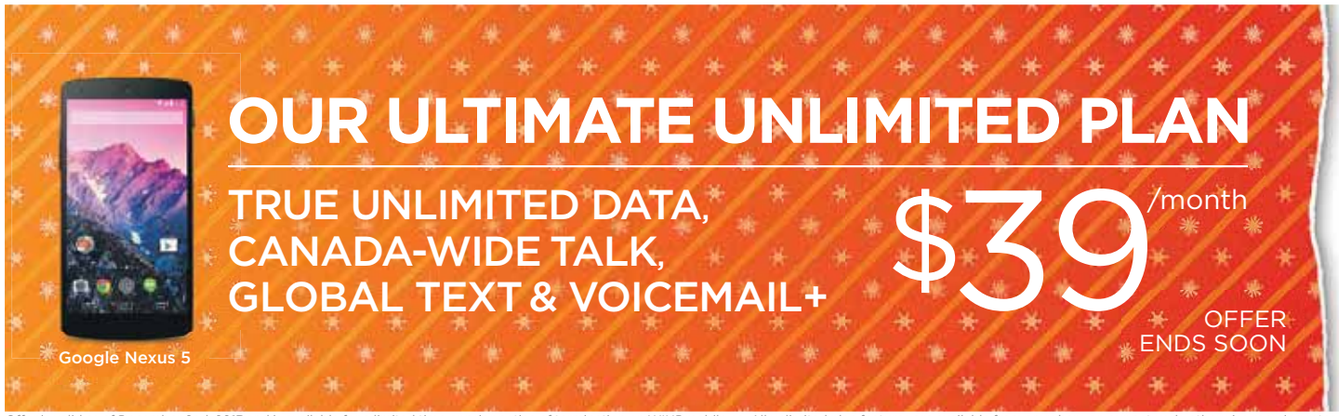
Manitoba's Opposition leader Brian Pallister gave a holiday message last week to a citizen journalist with a video camera that's left online commentators divided as to whether his comments were insulting or an awkward attempt at humour.

In the recording, which has thousands of views on YouTube, Pallister offers seasonal greetings to Christians, Jews and others: "All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you wish to celebrate nothing and just get together with friends, that's good, too."

On Monday Pallister asked for forgiveness while at the same time defending his use of the word infidel.

THE CANADIAN PRESS



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One baby at a time the new goal for assisted pregnancies

Octomom freaking people out. Fertility doctors want women to avoid higher-risk multiple gestations and births

Lower-risk

"It just seemed the most normal, the most natural way."

Abigail Ernst, mother, explaining her decision to attempt an assisted pregnancy using just a single embryo to avoid the risk of becoming pregnant with twins.

Ken Ernst, left, and his wife Abigail Ernst conceived their two-month-old daughter, Lucy, using only one embryo through in vitro fertilization. The Oldwick, N.J., couple went against a practice that led to nearly half of all U.S. babies born using advanced fertility help being multiples. JULIO CORTEZ/THE ASSOCIATED PRESS

In the five years since the "Octomom" case, big multiple births have gone way down but the twin rate has barely budged. Now fertility experts are pushing a new goal: one.

A growing number of couples are attempting pregnancy with just a single embryo, helped by new ways to pick the ones most likely to succeed. New guidelines urge doctors to stress this approach.

Twins aren't always twice as nice; they have much higher risks of prematurity and serious health problems. Nearly half of all babies born with advanced fertility help in the U.S. are multiples.

Abigail and Ken Ernst of Oldwick, N.J., used the one-embryo approach to conceive Lucy, a daughter born in September. It "just seemed the most normal, the most natural way" to conceive and avoid a high-risk twin pregnancy, the new mom said.

Not all couples feel that way, though. Some can only afford one try with in vitro fertilization (IVF), so they insist on at least two embryos to boost their odds, and view twins as two for the price of one.

Many patients "are telling their physicians, 'I want twins,'" said Barbara Collura, president of Resolve, a support and advocacy group. "We as a society think twins are healthy and always come out great. There's very little reality" about the increased medical risks for babies and moms, she said.

The 2009 case of a California woman who had octuplets using IVF focused attention on the issue of big multiple births, and the numbers have dropped, except for twins.

The most recent numbers from the U.S. Centers for Disease Control and Prevention show that 46 per cent of IVF babies are multiples — mostly twins — and 37 per cent are born premature. By comparison, only three per cent of babies born without fertility help are twins and about 12 per cent are preterm.

The American Society for Reproductive Medicine is trying to make it the norm in the U.S. too. Its guidelines, updated earlier this year, say that for women with reasonable medical odds of success, those under 35 should be offered single-embryo transfers and no more than two at a time. The number rises with age, to two or three embryos for women up to 40, since older women have more trouble conceiving.

To add heft to the advice, guidelines say women should be counselled on the risks of multiple births and embryo transfers and that this discussion should be noted in their medical records.

The one-at-a-time idea is catching on. Only four per cent of women under 35 used single embryos in 2007 but nearly 12 per cent did in 2011.

THE ASSOCIATED PRESS

RICK MERCER REPORT
This week Rick joins Collingwood Collegiate's Marching Band for their annual Santa Claus Parade.
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N.Y. derailment. Train travelling nearly three times over speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 mph (about 132 km/hr) as it entered a 30 mph (48 km/hr) curve, an investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy was because of error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." THE ASSOCIATED PRESS

Ottawa

New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year. THE CANADIAN PRESS

Netanyahu under fire for high-rolling ways

Benjamin Netanyahu arrives for a private audience with Pope Francis at the Vatican on Monday. The Israeli prime minister gave the Pope a large silver menorah and a book about the Inquisition in Spain, written by his late father, during their meeting. RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes, slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent $1,700 on scented candles, $23,300 on flower arrangements and $31,600 on gardening at his official residence in Jerusalem, among other costs totalling about $909,000.

The report threatens to embarrass Netanyahu, whose government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily. THE ASSOCIATED PRESS

More details

- Netanyahu was also shown to spend $11,800 on laundry and $41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than $22,000, and the electrical bill hit $7,390.

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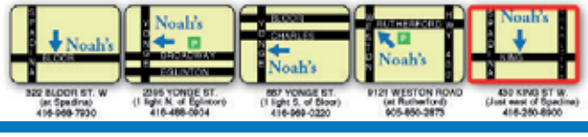
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Ashley Smith. Jurors begin deliberations in teen's prison death

Jurors at an inquest into the videotaped choking death of a teenager in her segregation cell began their deliberations Monday.

Almost 11 months after they began hearing evidence, Dr. John Carlisle sent them away to come up with a verdict in the death of Ashley Smith along with recommendations on preventing a repeat of the tragedy.

"You must sort out what you believe to be the true picture of what happened — use the same common sense that you use every day," Carlisle told the five-woman panel.

"We now ask you to speak for Ashley."

Despite being on high suicide watch, Smith, 19, of Moncton, N.B., strangled herself in her segregation cell at the Grand Valley Institution in Kitchener, Ont., in October 2007.

Jury duty

"We now ask you to speak for Ashley."

Dr. John Carlisle, the presiding coroner in the Ashley Smith inquest.

The inquest has heard how guards, who had previously rushed in to save the chronically self-harming teen, hesitated because of orders from management against intervening as long as she was still breathing.

Carlisle took care to note the law presumes against suicide, which requires an intentional act with the person knowing death is probable. A wrong finding, he said, "oppresses the living and demeans the dead."

THE CANADIAN PRESS

Ashley Smith is shown in an undated handout photo released at the inquest into her prison cell death. CONTRIBUTED

Germany

Political parties ban 100 euro brothel 'flat-rate'

Germany's biggest political parties have agreed to ban so-called flat-rate sex offered by some brothels in the country.

The move is part of a clampdown on Germany's prostitution industry, which has boomed since a 2002 law legalized sex work. They view as exploitative the offers in some brothels where men can have unlimited sex for 100 euros ($144).

A Social Democrat spokeswoman confirmed a ban was agreed to during coalition talks with Chancellor Angela Merkel's Union bloc.

THE ASSOCIATED PRESS

Iceland

Gunman shot dead by police — a first for country

Police in Iceland say they have shot dead a gunman — the first time the nation's armed police have shot and killed someone.

Police said officers were called to an apartment in the Reykjavik suburb of Arbaer Monday when a man fired a shotgun from inside the flat.

Two unarmed policemen were shot when trying to enter the gunman's apartment. A special armed unit then entered and fired at the man, who was rushed to the hospital, where he died.

Iceland's regular police force does not carry firearms. THE ASSOCIATED PRESS

Rafferty seeks public money to fund appeal

Tori Stafford murder. Michael Rafferty can't afford legal help but needs it to appeal complex case, his lawyer argues

Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Tori from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that every person have the right to a fair trial and a proper appeal, Calarco said.

"That applies no matter if the person is one for whom the public has sympathy... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion, request that Legal Aid fund a lawyer or order that the money should come from the Ministry of the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. THE CANADIAN PRESS

Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which cautions juries about the testimony of untrustworthy witnesses.
- The third ground that Calarco said points to the merit of Rafferty's appeal is another issue regarding McClintic's conflicting evidence. "This is a person who is totally capable of deceit," Calarco said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.

Student suicide video seen online

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking sleeping pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday evening, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready to go through with it. As an oldfag who's been on 4chan since 2004, I thought I would finally give back to the community in the best way possible: I am willing to an hero on cam for you all. All that I request is for you guys to link me to a site where I am able to stream it for you guys, then I will gladly fulfill my promise," wrote Stephen.

School response

"The university ... is urging people not to watch or distribute this hurtful material."

University of Guelph statement

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimonfire."

Eventually, firefighters stormed in and rescued the young man.

Although initial reports attempted to link the incident to a house fire in Pittsburgh, it now appears that Stephen is a student at the University of Guelph.

Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

LUKE SIMCOE/METRO ONLINE

Evidence implicates Assad in Syrian war crimes: UN

Human rights. Allegations add pressure for action on nearly 3-year-old civil war that has killed 100,000

A growing body of evidence collected by UN investigators points to the involvement of senior Syrian officials, including President Bashar Assad, in crimes against humanity and war crimes, the UN's top human rights official said Monday.

The statement by Navi Pillay, who heads the UN Office of the High Commissioner for Human Rights, adds to the pressure for quicker action on Syria ahead of a key peace conference planned for Geneva in January. The conference, brought on by combined UN, U.S. and Russian diplomacy, would for the first time bring the Assad government and opponents together for face-to-face negotiations.

UN High Commissioner for Human Rights Navi Pillay said, at a news conference in Geneva, Switzerland, on Monday, that human rights abuses in Syria are being well documented by an expert UN panel of investigators.

SALVATORE DI NOLFI/THE ASSOCIATED PRESS

"As we look around the world at the end of 2013, we see examples of situations where that readiness of the international community to act in time is already being sorely tested," Pillay told a news conference.

"In addition to Syria, where the scale and viciousness of the abuses being perpetrated by elements on both sides almost defies belief, the situation in the Central African Republic is deteriorating rapidly."

Pillay said the Syrian abuses — suspected massacres, chemical attacks, torture, rape and a litany of other horrors — are being well documented by an expert UN panel of investigators.

Any prosecution before the International Criminal Court at The Hague appears to be a long way off because Syria is not a member of the court, so it would the UN Security Council to refer the matter.

Pillay said Syria and North Korea — the two countries being probed by a UN investigative panel — represent two of the world's worst human rights violations, but she also cited concerns with other regions. THE ASSOCIATED PRESS

Straight to the top

"The evidence indicates responsibility at the highest level of government, including the head of state."

Navi Pillay, UN High Commissioner for Human Rights, on war crimes in Syria.

Thief in flight. Video captures eagle's caper after stealing camera

A brazen bird snatched a video camera that was recording crocodiles in northwest Australia and captured fascinating footage of its 110-kilometre journey across the country's remote landscape.

Wildlife rangers in Western Australia's Kimberley region released video on Monday that reveals the sea eagle's caper. The bird's flapping wings can be seen as it grabs the device and takes off, and the eagle later poses for a selfie, poking its face into the camera lens.

Rangers set up the motion-sensor camera along the Margaret River in May, hoping to record images of crocodiles. The device was recently found near the Mary River, about 110 kilometres away. When rangers examined the video inside, the real culprit was revealed.

THE ASSOCIATED PRESS

An eagle pecks at a camera that rangers had set up along a river, after the bird took off and flew with it, in the Kimberley region of Western Australia.

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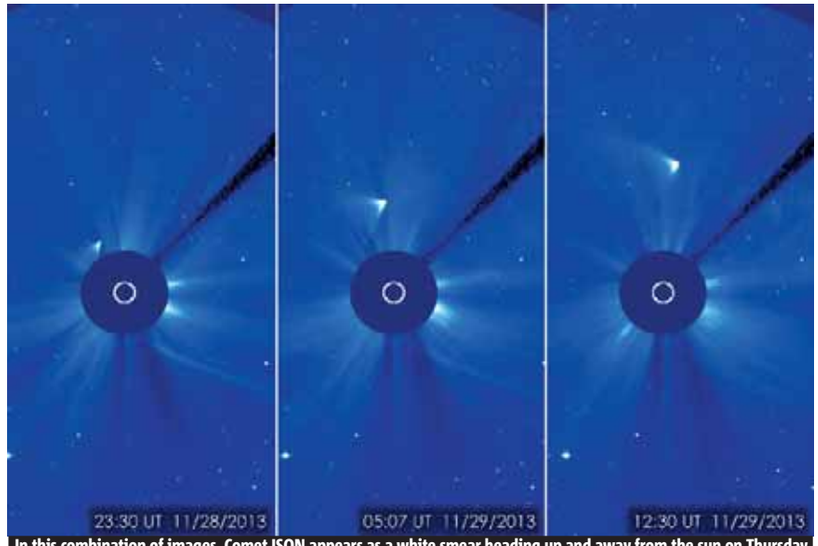

In this combination of images, Comet ISON appears as a white smear heading up and away from the sun on Thursday and Friday, suggesting a small nucleus may still be intact after its brush with the sun. COURTESY NASA/THE ASSOCIATED PRESS

A sun-roasted comet or is it just crumbs?

Hubble may have the answer. Something came out from a spin around the sun, but nobody knows what's left of Comet ISON

NASA said Monday that the Hubble Space Telescope is the best bet for figuring out whether Comet ISON disintegrated during its brush with the sun last week.

A pair of solar observatories saw something emerge from around the sun following ISON's close approach on U.S. Thanksgiving Day. But scientists don't know whether the spot of light was merely the comet's shattered remains or what's left of its icy nucleus. Either way, by now, they say it may be just dust.

In the coming weeks, scientists will keep a lookout for any brightening, which could indicate what, if anything is left. Hubble should put the matter to rest mid-December, when the remains are far enough from the sun for safe viewing.

As for us earthlings, there appears to be little chance of spotting what's left of the comet, which will pass closest to Earth on Dec. 26 at a safe 64 million kilometres away.

Tribute

"Never one to follow convention, ISON lived a dynamic and unpredictable life." Karl Battams, astrophysicist with the Naval Research Laboratory in an eulogy he wrote for Comet ISON, calling for donations to support science and math education for children.

ISON was making its first visit to the inner solar system, after travelling from the Oort cloud on the fringes of the solar system, home to countless icy bodies, most notably the frozen balls of dust and gas in orbit around the sun known as comets. THE ASSOCIATED PRESS

You thought you knew who this lady was

An embarrassing mistake is coming back to haunt the U.S. Postal Service. The Lady Liberty design on a stamp released in 2011 is not of the original Statue of Liberty overlooking New York Harbor, as intended, but instead based on a replica outside the New York-New York casino hotel in Las Vegas. Now, the sculptor of the Vegas statue is suing the U.S. government for copyright infringement. Attorneys for Robert Davidson argue in a suit filed last week that the Sin City statue was more "fresh-faced" and "sultry" than the original. They say these differences caused the Postal Service to prefer Davidson's statue. U.S. POSTAL SERVICE/THE ASSOCIATED PRESS

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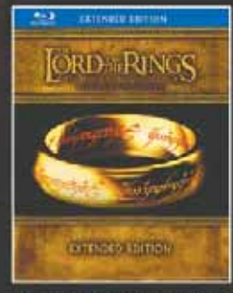

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Min Thu, 17, a Myanmar army boy soldier, walks in a swamp in Chaung Tha, Irawaddy, where he used to spend days hiding fearing arrest after running away from the army, in this Nov. 3 photo. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS

Myanmar still recruiting child soldiers: Activists

Reforming the army. 500 boys discharged so far, some as young as 11, are just a small proportion of the total, UN official says

He disappeared when he was 12 years old, a skinny fifth-grader named Min Thu from the wrong side of town who thought he'd stumbled onto the golden ticket.

A swaggering, potbellied businessman in Chaung Tha, Myanmar, offered him an escape from a neighbourhood where the houses are made of lumberyard scraps and the air smells of fish and decay and woodsmoke.

It ended with four years in the army.

Thu, now a stone-faced 17-year-old, joined thousands of boys who have been swallowed up over the years by Myanmar's army.

Over the next four years Thu would spend countless days carrying supplies and working on army-owned farms. He saw people die, in combat and in training. He'd see much of his $30-a-month salary taken by his superiors.

As Myanmar shifts away from decades of military rule, emerging as a quasi-democracy where generals still wield immense political power, the government craves international respectability. Political prisoners have been freed, censorship has been abolished and, the government promises, the days of child soldiers are over.

The United Nations and local rights activists say recruiting of underage soldiers has gone down, but many boys remain in the army, despite a government agreement to clear the military of anyone under age 18 by Dec. 1. Some have been taken in just the past few months.

Still, a system has been created to get children out of the army. If a boy soldier — or more likely his family — is able to contact an activist or international aid group, a bureaucratic process can be started leading to the boy's discharge.

THE ASSOCIATED PRESS

Quoted

"What we see and what the government is saying are completely different.... I don't believe their promises."

Mya Sein, a rights activist who has worked with the families of child soldiers

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Go ahead, give your kid some peanuts

New advice. Delaying exposure to potential allergens won't reduce risk of food allergies, say experts

There is new advice for Canadian parents of infants who are at high risk of developing a food allergy.

The Canadian Pediatric Society and the Canadian Society of Allergy and Clinical Immunology have issued new guidance on when high-risk infants can safely be exposed to foods commonly associated with food allergies, reversing their previous advice to avoid some foods early in a baby's life.

Babies can be exposed to potential allergens as early as six months. JOHN MOORE/GETTY IMAGES

The groups said there is no need to shield these children from foods like peanuts, eggs or shellfish in the early months after they begin eating solid foods. In a statement, the groups said babies can be exposed to potential food allergens as early as six months of age.

It had been thought that keeping foods commonly associated with allergic reactions out of the diets of at-risk babies would protect them from developing allergies. But it has since been shown the technique does not work.

In fact, the American Academy of Pediatrics reversed their advice on this issue nearly six years ago. Similar advice has also been issued in Britain. THE CANADIAN PRESS

Albertans, get out your shovels

David Reid peers out from his wrappings as he uses a snow blower to clear his driveway during a blizzard near Cremona, Alta., on Monday. Southern Alberta is under a winter storm warning, with temperatures dipping down to -20 C with high winds and heavy snowfall. JEFF MCINTOSH/THE CANADIAN PRESS

A boy's dream

Harper says goal was once hockey, not politics

Stephen Harper says he had to "settle" for being prime minister instead of playing professional hockey. In his youth, Canada's prime minister played for Toronto's Leaside Lions. Harper has written a book, A Great Game: The Forgotten Leafs & The Rise of Professional Hockey. He says he started it nine years ago as a way to escape the pressures of politics. THE ASSOCIATED PRESS

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Here come the Amazon.com drones

This is not a joke. By 2018, the world's largest online retailer aims to deliver your order to your door via a drone

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

Retail innovator

"If (Jeff Bezos) could really deliver something you order within 30 minutes, he would rewrite the rules of online retail."

Jim Bajarin, an analyst with Creative Strategies

The project was first reported by CBS' 60 Minutes Sunday night, hours before millions of shoppers turned to their computers for Cyber Monday sales. Amazon CEO Jeff Bezos said in a prime-time interview that while the octocopters look like something out of science fiction, there's no reason they can't be used as delivery vehicles. THE ASSOCIATED PRESS

This image provided by Amazon.com shows the Prime Air unmanned aircraft project. AMAZON/THE ASSOCIATED PRESS

Shelling out for true love

On the 13th day of Christmas came the $114,651 Visa bill

The price of lords-a-leaping and ladies dancing has spiked this holiday season, but other items mentioned in the carol The Twelve Days of Christmas still cost the same as they did last year.

Buying one set of the gifts mentioned in each verse costs $27,393 US in stores, or 7.7 per cent more than last year, according to the so-called Christmas Price Index that PNC Wealth Management updates annually. If you buy all 364 items repeated throughout the carol, you'll pay $114,651 US — 6.9 per cent more than last year. THE ASSOCIATED PRESS

Internet sales

U.S. Supreme Court won't wade into online sales tax tiff

On perhaps the busiest online shopping day of the year, the U.S. Supreme Court refused to wade into a dispute over state sales taxes for purchases on websites like Amazon.com, an outcome likely to prompt more states to attempt to collect taxes on Internet sales.

Monday's court action means "it might be the last Cyber Monday without sales tax," said Joseph Henchman of the Washington-based Tax Foundation.

It's all part of a furious battle among Internet sellers, buyers, brick-and-mortar stores and states hungry for billions of dollars in extra tax revenue. THE ASSOCIATED PRESS

The Toronto Land Transfer Tax is Unfair.

When you buy a home in Toronto, City Hall's LAND TRANSFER TAX forces you to pay THOUSANDS, up front - $7,000 for the AVERAGE home. It hurts you when you can least afford it, such as when you have to move because your family is growing, or when your retirement needs change. Even many first-time buyers, struggling to save, have to pay. **That's not right.**

City Hall has collected over $300 million **MORE** than budgeted from the LTT, since it took effect! **That's not right.**

Tell City Hall to do the right thing and phase out the Toronto Land Transfer Tax. **Your voice counts.**

Visit **LetsGetThisRightToronto.ca** to make your voice heard, and learn how we can eliminate the Toronto Land Transfer Tax.

LET'S GET THIS RIGHT TORONTO

McJobs. Can I get a living wage with that?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of $7.25 US an hour.

Protesters are calling for pay of $15 US an hour, although many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will be enough to disrupt restaurant operations. THE ASSOCIATED PRESS

In August, protests were held outside a McDonald's. More protests are set for Thursday. THE ASSOCIATED PRESS FILE

Prost! Beer purity law turns 500

German beer brewers are seeking a 500th birthday present for their famed purity law: An official seal of approval as world heritage. The German Brewers' Federation said Monday it has applied to German officials and UNESCO, the United Nations' cultural agency, to have the purity law — the "Reinheitsgebot" — recognized by the UN as a piece of the world's "intangible heritage." MATTHIAS SCHRADER/THE ASSOCIATED PRESS FILE

Market Minute

DOLLAR	93.98¢ (-0.18¢)
TSX	13,419.57 (+24.17)
OIL	$93.82 US (+$1.10)
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Dow Jones: 16,008.77 (-77.64)

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BLACK FRIDAY LEAVES A BLACK MARK

SHE SAYS

Jessica Napier
metronews.ca

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait — I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters — upon hearing the news of the man's death — just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com — a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events — there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annual ritualistic display of mass consumption.

Blackfridaydeathcount.com

There have been seven deaths and 90 injuries recorded since 2006.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere $35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Satan Claus is coming to town

SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus — who, according to folklore, is the demon-like companion of St. Nicholas — who whips bad children with birch branches. METRO

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.
METRO

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man — archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/$6.99)

Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully watch it spread to take its place among history's most effective plagues. (iOS, Android/$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less , the price has dropped on the excellent Mikey Shorts from $0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)

SCREENGRAB

Letters

Where's the Black Friday reporting?
I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.
Brian George Bowes, Toronto

Twitter

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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DVD review

The Hangover Trilogy

Director. Todd Phillips

Stars. Zach Galifianakis, Bradley Cooper, Ed Helms

●●●○○

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awaken from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicting the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met. Phillips thankfully ditched the drunk-and-hunt plot, replacing it with a crime angle (John Goodman plays an angry gangster). But he also dumped most of the laughs. The first film remains good enough to almost forgive the two weak sequels.

PETER HOWELL

Climb every mountain

The Sound of Music Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Carrie Underwood stars in The Sound of Music Live! on Thursday.
THE ASSOCIATED PRESS

Where to watch it

- **Citytv.** The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- **NBC.** Also begins the live show at 8 p.m. EST

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and different.

Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max Detweiler) are rehearsing a couple of weeks later a saucy song titled How Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunefully teases the wealthy Elsa, who, in her posh relationship with her fiance, Capt. von Trapp, can never count theirs among "all the famous love affairs (where) lovers starve and snuggle."

This number, sung to an instrumental track recorded by a 40-piece orchestra, takes place on the sumptuous von Trapp terrace, complete with a fountain and a panoramic view of the Alps.

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

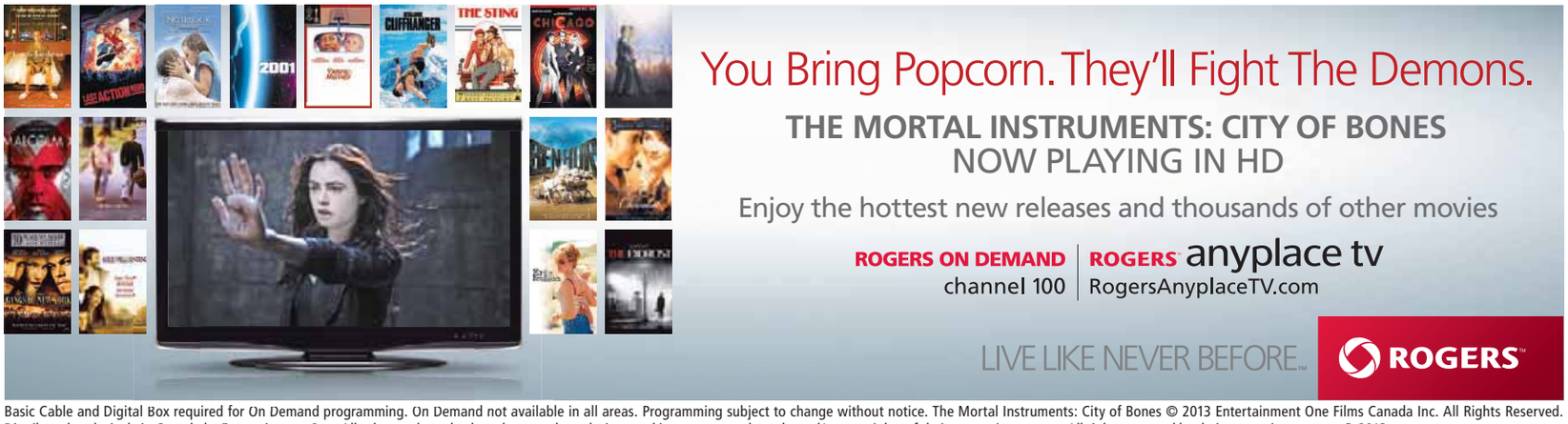
This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start.

"Every day," she says during a break, "I feel like I discover new things and how to go places in acting that I didn't think I could go."

THE ASSOCIATED PRESS

SCENE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Don't call it time travel: How a T.O. video store clerk pitched Sleepy Hollow to Hollywood

Tom Mison plays Ichabod Crane in Sleepy Hollow. BROWNIE HARRIS/FOX

Selling a series. By the time Philip Iscove met with a couple of veteran showrunners, he knew what not to say to them

Television has always been a bit of a time machine. It allows viewers to look back, as in the recent coverage of the JFK assassination, and it also projects us into the future.

As a plot device, time travel is every TV writer's friend. It gets shows out of dead ends and jams, as in the infamous Bobby-in-the-shower reset on Dallas. The many incarnations of Star Trek boldly jumped all over the centuries.

In the wake of the assassination of U.S. president John F. Kennedy, ABC's The Time Tunnel (1966-67) allowed viewers to escape or even imagine what might have happened if we could go back in time and try to fix history. A similar plot device helped the central character jump back and forth in time in Quantum Leap (1989-93). That series was very much on Phillip Iscove's mind when he began dreaming up the idea that would lead to one of this season's most successful new shows, Sleepy Hollow.

How the 31-year-old went from working at a Toronto video store to creating Sleepy Hollow (Mondays on Global) is its own quantum leap.

Iscove was studying film and television day and night as both a Ryerson University student and a part-time employee at Bay Street Video in Toronto.

A more bracing experience was landing a job, through a family connection, at a Hollywood talent agency. "That was my graduate degree, if you will," Iscove says on the phone from North Carolina, where Sleepy Hollow is shot. "It really changed the way I saw television and movies."

He entered Ryerson, "with these altruistic notions of how you're going to get yourself into that industry, and what you'll do when you get there." The agency job showed him how things really worked "from the inside out. The business experience, he feels, gave Iscove "the tools to understand why things succeed and why they don't."

Renewal notice

- Sleepy Hollow was the first series renewed for a second season this fall.

Iscove took all that experience and started dreaming up his own TV project. But he was stuck on how to travel his main hero through time when he happened upon The Legend of Sleepy Hollow by Washington Irving online. "Then I saw Rip Van Winkle right underneath it and I was, like, maybe I can just put him to sleep and have it as simple as that, have a spell put on him in his time and he wakes up in 2013."

That led to a story about, as Iscove puts it, "a Twin Peaks-y town of witches and warlocks, and he pairs with a cop, and they start fighting supernatural crimes together." The hero is Irving's Ichabod Crane (played by Tom Mison), pulled through time only to discover he is humanity's last hope.

When Iscove got his chance to pitch the series idea to veteran showrunners Alex Kurtzman and Roberto Orci (Fringe, Star Trek: Into Darkness), he knew enough from his agency days to avoid using the term time travel. The pitch was mainly to do a modern-day Sleepy Hollow, with the twist being, in Orci's words, "that he had a man out of time."

That Iscove had managed to sidestep the time travel aspect by combining the story of Sleepy Hollow with the spirit Rip Van Winkle — both Irving creations — is what sealed the deal for Kurtzman and Orci. "That's a really, really cool entry point," says Kurtzman.

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2013 Holiday Program Guide

Go to **cbc.ca/holiday** for our full schedule.

CBC

December

Nov. 24	**7:30 pm**	Merry Christmas Mr. Bean
Mon. 2	**9 pm**	Stars on Ice 2013
Sat. 7	**7 pm ET**	HNIC - Toronto @ Ottawa
	7 pm ET	HNIC - Buffalo @ Montreal
	7 pm ET	HNIC - Winnipeg @ Tampa Bay
	10 pm ET	HNIC - Calgary @ Edmonton
Sun. 8	**8 pm**	Toy Story 3
Mon. 9	**8 pm**	Elf
Tues. 10	**8 pm**	This Hour Has 22 Minutes Holiday Special
Wed. 11	**8 pm**	Dragons' Den Holiday Special
Thurs. 12	**8 pm**	Miracle on 34th Street (1994)
Fri. 13	**8 pm**	Season of Song: Canadian Tenors and Friends
	9 pm ET	HNIC - Edmonton @ Vancouver
Sat. 14	**7 pm ET**	HNIC - Dallas @ Winnipeg
	7 pm ET	HNIC - Chicago @ Toronto
	7 pm ET	HNIC - Montreal @ NY Islanders
	10 pm ET	HNIC - Boston @ Vancouver

Steven and Chris
Holiday episodes
December 9th to 20th at 2 pm

Sun. 15	**7 pm**	Rudolph
	8 pm	The Santa Clause
Mon. 16	**8 pm**	How the Grinch Stole Christmas
	8:30 pm	The Magic Hockey Skates
	9 pm	Holiday Festival on Ice
Tues. 17	**8 pm**	Canadian Country Music Association: Home for the Holidays
Wed. 18	**8 pm**	The Santa Clause 2
Thurs. 19	**8 pm**	The Santa Clause 3
Fri. 20	**8 pm**	Home Alone
Sat. 21	**7 pm ET**	HNIC - Detroit @ Toronto
	7 pm ET	HNIC - Montreal @ Nashville
	10 pm ET	HNIC - St. Louis @ Edmonton
Sun. 22	**4 pm**	The Snowman and the Snowdog
	4:30 pm	The Snowman
	7 pm	Mickey's Christmas Carol
	7:30 pm	Frosty the Snowman
	8 pm	National Lampoon's Christmas Vacation
Mon. 23	**6:30 pm**	Frosty Returns
	7 pm	Rudolph (encore)
	8 pm	A Christmas Story

* Check Local Guides. Christmas Day programming varies by region. Schedule subject to change. Check local listings.

Tues. 24	**6:30 pm**	The Snowman and the Snowdog
	7 pm	Season of Song: Canadian Tenors and Friends
	8 pm	Scrooge
	11:30 pm	George Stroumboulopoulos Tonight Christmas Eve Special

CBC radio one
CBC radio 2

Deck the halls with festive music and programming December 24 and 25.

Starting at 5pm on CBC Radio 2, and 8pm on CBC Radio One.

For local radio frequencies, please visit **cbc.ca/frequency**

~ Christmas Day ~

Wed. 25	**10 am**	Disney Parks Christmas Day Parade
	12 pm	Season of Song: Canadian Tenors and Friends
	1 pm	Booky & the Secret Santa
	3 pm	Goose on the Loose
	5 pm	Lassie
	5 pm	George Stroumboulopoulos Tonight Christmas Eve Special (encore - Toronto and Vancouver only)
	7 pm	Frosty the Snowman
	7:30 pm	Frosty Returns
	8 pm	Miracle on 34th Street (1947 Classic)
	11 pm	Season of Song: Canadian Tenors and Friends
Thurs. 26	**8 pm**	Holiday Festival on Ice (encore)
	9 pm	CCMA: Home for the Holidays (encore)
Fri. 27	**8 pm**	Happy Feet
Sat. 28	**7 pm ET**	HNIC - Boston @ Ottawa
	7 pm ET	HNIC - Montreal @ Tampa Bay
	10 pm ET	HNIC - Philadelphia @ Edmonton
Sun. 29	**5 pm**	Pirates of the Caribbean III: At World's End
	8 pm	Up!

~ New Year's Eve ~

Tues. 31	**4 pm**	2013 Maple Leafs vs Red Wings Alumni Showdown™
	7 pm	This Hour Has 22 Minutes Holiday Special (encore)
	8 pm	Royal Canadian Air Farce New Year's Eve Special
	9 pm	Gerry Dee New Year's Eve Special
	11:30 pm	George Stroumboulopoulos Tonight New Year's Eve Special
Jan. 1	**1 pm ET**	Bridgestone NHL Winter Classic® Toronto @ Detroit
	4 pm	Road to the Olympics

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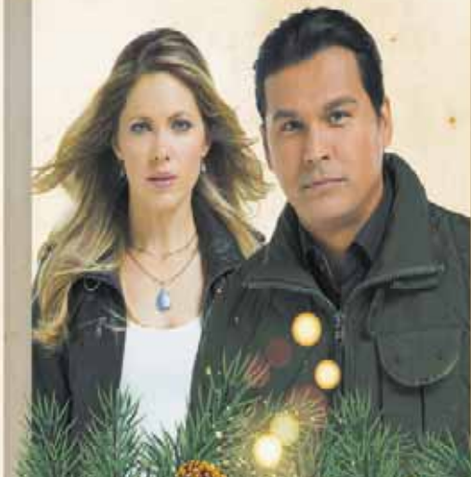

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Japan goes goo-goo for Gaga dolls

P-p-p plastic face. Gaga leaves her head and her heart on the exhibit floor, as silicon replicas released

Can you guess which doll is the real diva?
SHIZUO KAMBAYASHI / THE ASSOCIATED PRESS

One-of-a-kind Lady Gaga has been replicated.

The pop star unveiled life-size dolls in her likeness, dressed in her flamboyant costumes, at a Tokyo event Sunday. A person leaning against the silicon doll's chest can hear Lady Gaga music and messages.

Gaga said she was honoured to have replicas of herself. When her friends saw the dolls, "they were so excited to take pictures of me with the dolls and then all of a sudden the dolls took over. And the dolls were the most important thing in the room. And this is a beautiful thing," she said.

Japanese industrial and design companies teamed with her record label to create the Gagadoll, inspired by her new Artpop album. The prototypes are not yet available for sale.

At the news conference, the 27-year-old singer made her grand entrance wearing a red plaid jumpsuit and wrapped in coils of the same fabric.

Gaga is participating in a charity auction to benefit the 2011 earthquake and tsunami victims. She's hoping that one of the two Gaga-styled Hello Kitty dolls will raise a lot of money for the cause.

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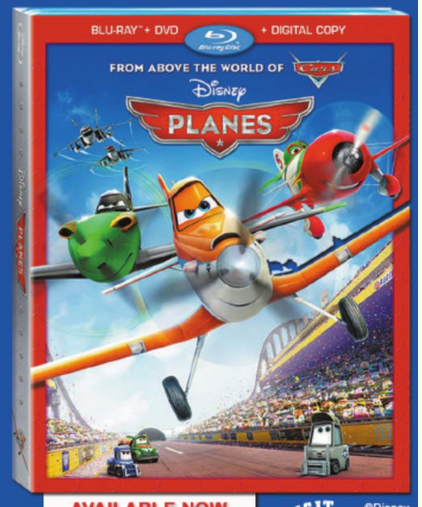

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With its 500th episode, The Chew savours the sweet taste of success

TV triumph. Not many observers thought a show with five co-hosts would work, but it has

From left, The Chew co-hosts Clinton Kelly, Carla Hall, Daphne Oz, Mario Batali and Michael Symon. JEFF NEIRA/ABC

When ABC's The Chew premiered in September 2011, it begged the question: Was it biting off more than a show like this could chew?

Here was a rollicking weekday feast devoted to "everything food" — not just cooking but home entertaining, dining out, healthy diets and a satisfying culinary lifestyle overall. And it came with a menu of five — count 'em, five — co-hosts. Too many cooks in that kitchen?

Well, maybe not. On Tuesday in its regular 1 p.m. time slot, The Chew marks its 500th edition with a special hour as its co-hosts savour their chat-and-chew success.

"The Chew was never about food, it was about these five people," says executive producer Gordon Elliott before a recent taping at the show's Manhattan studio.

Roughly 59 minutes later (to keep the energy flowing, each show is taped in front of a studio audience start-to-finish, with no retakes or down time slowing the pace), the hosts — Mario Batali, Michael Symon, Carla Hall, Clinton Kelly and Daphne Oz — relocate to a nearby conference room, with a reporter in tow:

"What makes the show work," says Symon (a star of Food Network's Iron Chef America and owner of six restaurants), "is that it literally feels like all of us are hanging out, cooking some food and telling stories. We're busting each other's chops, but we all know we've got each other's back."

Initial reaction

"A bunch of my friends were saying, 'This is career suicide,' and I was like, 'I think I could probably still make it as a cook.' Now we know unmistakably, indubitably, that we have the best jobs in food programming." Mario Batali

"And by now, it happens naturally," adds Batali (the co-owner of 17 restaurants nationally as well as a Food Network star and bestselling author). "We all know when it's each person's turn to talk, and we know we'll all get our turn."

"We always tell each other before the show starts, 'Party in the kitchen,'" says Kelly (who was also a host of TLC's recently concluded What Not to Wear). "That's what we want: for people to come into our kitchen and have a good time." THE ASSOCIATED PRESS

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Union Pearson Express Electrification Environmental Assessment

Transit Project Assessment Study and Class Environmental Assessment Study

NOTICE OF COMMENCEMENT

Metrolinx is proposing to electrify the Union Pearson (UP) Express route beginning at the future UP Express Union Station in the City of Toronto and terminating at the future UP Express Pearson Station (Terminal 1, Toronto Pearson International Airport) in the City of Mississauga. The project involves the electrification of approximately 25 kilometres of track along the Union Station GO Rail Corridor and Kitchener GO Rail Corridor to Highway 427, where the route then follows the new UP Express spur line (under construction) into Toronto Pearson (see map below). The purpose of the project is to convert the UP Express route from diesel to electric power.

Electrification of the UP Express is part of *The Big Move*, Metrolinx's regional transportation plan which will dramatically improve how people move in the Greater Toronto and Hamilton areas. Funding for the electrification is dependent on the Metrolinx Investment Strategy.

ENVIRONMENTAL ASSESSMENT (EA) PROCESS

Metrolinx and Hydro One are carrying out a parallel EA process to satisfy both Metrolinx's requirements under the *Transit Project Assessment Process (TPAP)* and Hydro One's requirements under the *Class EA for Minor Transmission Facilities (Class EA)*. The parallel EA process involves both EAs being completed simultaneously. The Environmental Project/ Study Report will be made available for public review and comment.

THE PROJECT

Electrification of the UP Express route will be achieved through a Traction Electrification System which will provide electricity to the trains by means of a **Traction Power Distribution System (Metrolinx)** and **Traction Power Supply System (Hydro One)**.

TRACTION POWER DISTRIBUTION SYSTEM

The proposed Traction Power Distribution System is an Overhead Contact System (OCS) comprised of a wiring system providing power to the trains. The wiring system will be suspended from a number of OCS structures (i.e. portals, cantilevers) placed along and over the track. The Traction Power Distribution System also includes two Paralleling Stations (PS) to boost the voltage along the UP Express route, as well as gantries which provide power to the OCS, and are located in the vicinity of each PS. A new electrified maintenance facility will need to be built to carry out maintenance on the new electric trains.

The environmental impact of the Traction Power Distribution System components and electrified maintenance facility is being assessed under the **Transit Project Assessment Process, in accordance with Ontario Regulation 231/08 – Transit Projects and Metrolinx Undertakings**.

TRACTION POWER SUPPLY SYSTEM

Electrification of the UP Express requires a connection to Ontario's electrical system. It is proposed that the power be supplied from the existing 230 kilovolt (kV) transmission line that runs between Hydro One's Claireville Transformer Station (located near Highway 407 and Highway 27 in the City of Vaughan) and Richview Transformer Station (located near Highway 401 and Highway 27 in the City of Toronto). Cables will deliver power to a new 230 kV Traction Power Substation (TPS). The TPS will convert the voltage from 230 kV, to 25 kV so that it can be used to power the electric trains.

The Traction Power Supply system is subject to provincial *Environmental Assessment Act* approval in accordance with the **Class EA for Minor Transmission Facilities**.

CONSULTATION

Members of the public, agencies and other interested parties are encouraged to participate in the EA process by attending consultation opportunities or contacting the project team directly with information, comments or questions. Consultation opportunities are planned and will be advertised on the project websites, in local newspapers and via direct mail. A second round of joint Public Open Houses are planned for winter 2014 to present and seek feedback on both the *TPAP* (Metrolinx) and *Class EA* (Hydro One) project components.

Consultation with the public, review agencies and First Nations and Métis communities is a key component to the UP Express Electrification EA. If you would like to submit a comment or question, or receive additional information related to the UP Express Electrification Project, please send an email to the project team at: **electrification@metrolinx.com** or contact:

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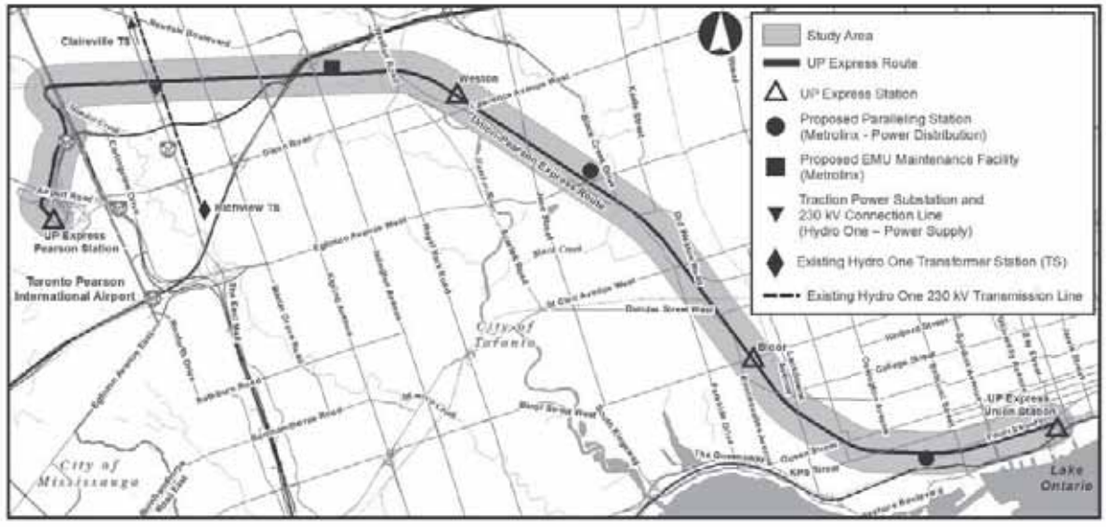
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Proposed Paralleling Station (Metrolinx - Power Distribution)
Proposed EMU Maintenance Facility (Metrolinx)
Traction Power Substation and 230 kV Connection Line (Hydro One – Power Supply)
Existing Hydro One Transformer Station (TS)
Existing Hydro One 230 kV Transmission Line

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Online

Show tries 'adaptweetion'

Mob City is beginning what is surely TV's first "adaptweetion." The series, premiering on the TNT network, is tweeting the screenplay of its first episode on the Twitter account @MobCityTNT before it airs. The series debuts Wednesday at 9 p.m. EST. THE ASSOCIATED PRESS

Gandolfini

Actor honoured in hometown

Cast members of The Sopranos were on hand over the weekend as a New Jersey town remembered native son James Gandolfini. Park Ridge dedicated a section of Park Avenue to the actor best known for his role as mobster Tony Soprano in the TV series. THE ASSOCIATED PRESS

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Gerry Dee is head of the class, but he's lonely

Light on Canadian laughs. Star of Mr. D holds out hope that more scripted comedies are on tap

Gerry Dee says there are plenty of changes in store in the new season of Mr. D, which starts in February. CONTRIBUTED

CBC sitcom star Gerry Dee is feeling a bit lonely.

The standup comic-turned-TV personality says there aren't enough Canuck comedies on the tube and it's especially tough for half-hour laughers to find success.

Dee says he was disappointed to see CTV's Satisfaction conclude after just one season, but is hopeful for upcoming arrivals, including CTV's Dave Foley project, Spun Out.

"If we keep having shows cancelled it's certainly not incentive for networks to go, 'Let's keep doing this,'" Dee said at a recent CBC event to launch its winter lineup, including Dee's Mr. D.

"We've got to get these shows more successful and keep them on the air. Because otherwise Canadian comedies are going to go by the wayside and they're going to hire American shows."

Dee notes that his high school comedy Mr. D is the only scripted sitcom on CBC's winter schedule. But he understands why the public broadcaster might be more willing to gamble on an hour-long drama or reality show than a quirky sitcom.

He notes that comedy is inherently subjective, while "drama is drama."

"People aren't talking about comedies, they're talking about dramas. They're the ones that bring the numbers in," he says, adding he's glad to see City's recent half-hour arrivals Package Deal and Seed.

"Comedy is not easy and I think the people that run these other shows are finding that, too. The numbers aren't great on any of the comedies in this country. And when the numbers are low, you get cancelled and that's the pressure we have on a weekly basis."

Dee's Mr. D co-star Darrin Rose is among several comics with development deals for prospective sitcoms. Rose's CTV venture Chasing Manhood is an ensemble comedy inspired by his stand-up material.

The network says it's also considering the 20-something comedy We're Adults Now, from Kids In the Hall member and Less Than Kind showrunner Mark McKinney; a multicam friends comedy called The Team from Little Mosque on the Prairie writer Rob Sheridan; the half-hour dramedy The Lainey Gossip Project inspired by eTalk correspondent Elaine Lui's celebrity website Laineygossip.com; and untitled projects from Corner Gas writer Paul Mather and Community scribe Vera Santamaria.

Over on Global, hopes are high for the green-lit comedy Working the Engels, with Andrea Martin and Benjamin Arthur as members of a debt-laden family who take over the deceased dad's storefront law firm.

Mr. D kicks off its third season in February with several changes in store, says Dee.

This time around, the bumbling Gerry gets a shot at teaching phys-ed and is excited to finally be in his element. But of course, nothing really goes well for him, says Dee, who serves as both showrunner and star.

"He just knows his stuff in phys-ed, (but) it doesn't make him a good teacher," he notes. THE CANADIAN PRESS

Quoted

"We've got to get these shows more successful and keep them on the air."

Gerry Dee on the state of Canadian scripted comedy

You had me at merengue: Will Renee dance her way onto reality television?

Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of Dancing with the Stars to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since Chicago more than 10 years ago, and there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

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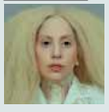
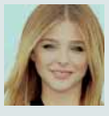


@ladygaga
Rolled around Tokyo today, made it to my favorite shop. They asked me to paint a leather (an epic pastime of mine)



@ChloeGMoretz
had a weird dream after watching the new hunger games that i picked up archery and was like a championship archer. weird. need to buy a bow.

@jeremypiven
The good news is we are alive and not defined by our favorite sports teams (he said sobbing like a grandmother on the floor)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Two familiar faces come out to the social media sphere

PAT HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessionals.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year.

"This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feel great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something like that could happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the New York Times' Modern Love titled, Coming Out as a Modern Family. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be."

Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.

Paul Walker

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed Fast and Furious actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in memoriam of Walker. Meanwhile, production for Fast and Furious 7 "won't be scrapped," sources close to the production tell The Hollywood Reporter. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

Who gets to canoodle with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of Playboy, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like.… [mimes dying-of-shock], My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

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What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"

Making sense of matcha

If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- **Where is it grown?** Matcha only grows in Japan.
- **Why drink it?** It's known as a mood enhancer because of its amino acid content.
- **Pricey?** The softer matcha is, the more expensive it is.

Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

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Best Health

Do you know the difference in diabetes?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

More than nine million Canadians, or one in four, are living with diabetes or prediabetes, and the number is expected to rise to one in three by 2020. Many people don't realize that there is a big difference between Type 1 and Type 2 diabetes. In the November/December issue of Best Health, we asked Dr. Jan Jux, chief scientific advisor of the Canadian Diabetes Association, to explain.

Type 1

About 10 per cent of people with diabetes have Type 1. Although its cause remains unknown, people who have a family history of diabetes are considered at a higher risk of developing it. It usually begins in childhood and occurs when the body is unable to produce insulin, a hormone that controls the level of glucose in the blood.

Those affected require insulin therapy, which is injected by pen, syringe or pump. People with Type 1 diabetes have to keep their blood-glucose levels in the target range. To measure levels, they can use a portable glucose meter that usually works by pricking a fingertip to draw a drop of blood. Until a cure is found, this is a lifelong process.

Type 2

This is the most common type of diabetes: Among Canadians with the disease, approximately 90 per cent are affected by Type 2, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin it produces. As a result, sugar builds up in the blood instead of being used for energy. Type 2 diabetes usually develops in adulthood, although increasing numbers of children and adolescents are being diagnoses.

People with Type 2 diabetes may be prescribed medications, and may also have to monitor their blood-glucose levels. While a healthy lifestyle is beneficial for everyone, it is especially important for people who are at high risk for diabetes because of inherited factors. Increasing consumption of fruits and vegetables, eating whole grains, limiting portion size and increasing physical activity to maintain a healthy weight may reduce the risk of Type 2 diabetes.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Food dangers. Sushi linked to increased risk of cardiovascular issues

Eating sushi can increase the risk of cardiovascular disease, according to a study published in the Journal of Risk Research.

This was one of many unhealthy aspects to excessive fish consumption, which is thought to lead to dangerous methylmercury exposure in humans, researchers say.

Mercury can cause neurodevelopmental deficits, poorer cognitive function and increased rates of cardiovascular disease.

The study also notes that higher levels of methylmercury can be detrimental to the heart and the health-protective effects of omega-3 fatty acids found in fish.

Tuna sashimi was found to contain the highest levels of methylmercury in fish samples taken from across the U.S. METRO

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Huevos Rancheros: Brunch in Mexico without leaving home

This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.
- Dip dried fruit into a tablespoonful.
- Use in place of peanut butter in cookie recipes. You will not notice the difference.
- Add to smoothies to bump up protein and good fats.
- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Cauliflower-Bell Pepper Quiche cuts calories

Ingredients

- 5 cups small cauliflower florets (about 1 head)
- 1 large red bell pepper, cored and chopped
- Salt and ground black pepper
- 8 egg whites (or 1 1/2 cups pasteurized egg whites)
- 1 tbsp chopped fresh thyme
- 2 cloves garlic, minced
- 1/3 cup fat-free crumbled feta cheese

You might be ready to take it easy before the rush of holiday calories. If so, this brunch or dinner dish is for you.

The simple, low-carb, high-flavour "quiche" calls for no grains, no gluten and no heavy lifting.

The whole thing is cooked in a single skillet and requires only a few minutes of hands-on time. The "crust" is made from caramelized cauliflower florets, but actually any number of other vegetables could be substituted. This quiche also can be seasoned however you like. Curry powder would be great, as would smoked paprika and cumin. And if you like it spicy, add some chopped jalapenos.

1. Heat a large skillet over medium heat. Coat the pan with cooking spray, then add the cauliflower florets and bell pepper, arranging them in an even layer. Season with salt and pepper. Cook, without stirring, for 3 minutes.

2. Stir to turn the florets, then let them cook another 3 minutes without moving them. Once the florets are evenly browned, cover the pan and cook another 3 to 4 minutes.

3. In a bowl, mix together the egg whites, thyme and garlic. Pour evenly over the vegetables, then reduce heat to medium-low, cover the pan and cook for 3 minutes.

4. Sprinkle the feta over the quiche, then cover again and cook for another 3 to 4 minutes, or until the eggs are completely cooked. Season with salt and pepper.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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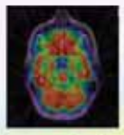

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What's growing in your veggie drawer? A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food

YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better financial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained. As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham.

Looking for leftovers

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising.

In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of the grocery expenditures. Claudia figures she is saving around $200 a month.

An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my fridge.

When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. ISTOCK

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.

Usage-based insurance in Canada?
What the Beep!
Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.
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Different types

OMG: The truth about boredom

When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

Indifferent boredom: A relaxing, possibly positive type – "a general indifference to, and withdrawal from, the external world"
Calibrating boredom: Wandering thoughts – "general openness to changing the situation"
Searching boredom: "Seeking out specific ways of minimizing boredom"
Apathetic boredom: Impossible to break from this mode – "dangerous, similar to depression"
KIERON MONKS/METRO

Why you so bored? ISTOCK

Managing meltdowns: Tips on tackling your kids' Xmas tantrums

Match expectations. If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

"Tantrums are about power struggles and attention," said Natalia McPhedran, an Ottawa-based children's coach and author of Life With Kids — Empowering Our Children To Be Ready For The Real World, due out in December.

"If we use techniques at home that avoid the power struggles, I think that you're halfway there by the time you get to the mall because they know: 'OK, Mom means business."'

McPhedran — a mother of two — outlines expectations prior to a shopping trip.

That includes specifying the purpose of the visit to ensure youngsters don't get sidetracked.

"For example: 'Today, we're just going to get this and this and this. Don't even ask me for chocolates, don't ask me for candy, don't ask me for toys. You can look, but you can't touch, because today we're not buying that,"' said McPhedran.

"If you're consistent with following through with other things at home, they know that you mean business when you say something.

"You've already given them that pre-set expectation at home. When they get to the mall, they know that you're also going to follow through there." Once kids know the expectations, McPhedran said it's still good to have rules making kids aware of what they can do.

"Once you get there, let's say: 'Let's go in the toy aisle and let's go and look at all the cool stuff they have. Tell me what you like and we'll see what Santa can do,"' she said. "I remember we used to walk through the toy section of Zellers when I was little and we never walked out with stuff every time we went."

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

"You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look," said McPhedran, mother to an 11-year-old daughter and nine-year-old son. "Come down to their level, calmly say: 'We are not having this right now."'

McPhedran said adults should recognize their child's feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial prewarning that buying goods for them wasn't a part of the day's agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

"If they know what to expect and they know what you expect of them, then the behaviour should just follow," said McPhedran.

"Before I leave the house, I would say: 'Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.'
THE CANADIAN PRESS

Festive distractions

• **Keep 'em busy.** "Christmas is a great way to get them involved — decorating, cleaning, vacuuming. If you're going to have a big dinner, say: 'This is going to be your job.' How awesome do kids feel when you give them a task, like just making the name tags for the place settings?"

Even if they freak out, you should remain calm at all times. ISTOCK

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A neighbourhood business is brewing

The rise of the indie corner café. The communal call for cozy, round-the-corner coffee shops is inspiring many a local entrepreneur

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: The Red Bench

What: An independent coffee shop

Where: 611 Yonge St., Toronto, Ont.

Why: "What the future holds is another story, but I'm more concerned about the business is working out and people in the community enjoy it."

The rise of the local, upscale coffee shop is in full swing these days. Small coffee roasters and cafés are injecting their own brand of craftsmanship and in the process, changing the communities around them.

The Red Bench coffee shop, located on one of Toronto's busiest streets, is one the new cafés that have opened their doors to consumers in recent years.

Co-owner Eli Kirreh is one of several entrepreneurs who are serving up independent refreshments (and in his case, baked goods) from across the country.

"The concept of Red Bench is in the sense that if benches could to speak they would have a lot of stories to tell," he says. "You see two friends sharing a laugh, or two lovers sharing a kiss or someone just listening to music watching the world go by."

E-laborate

• Go to metronews.ca/mom-and-pop-shops to learn more and watch how one entrepreneur started his own coffee shop and why it's so important for his community.

The Red Bench is one of several mom and pop coffee shops that have popped up in Toronto in recent years. PROVIDED

The price of independence can be high for up-and-coming small business owners looking to break into the competitive coffee arena.

Several big players already dot the landscape and brewing up publicity is no easy feat, but it's worth it, so says Lisa D'Alessandro

The manager of Dark Horse Espresso, found at 215 Spadina Ave., sees the expansion of coffee shops as an extension of the community. She started at the coffee shop (one of three in Toronto) in the summer of 2012. "I think people like Dark Horse Espresso because they feel like they're part of a community," she says.

"I like the atmosphere. There's no CD that plays again and again. It's a community."

Kirreh agrees, "You can't pinpoint why people like indie cafés," he says. "I think perhaps a generation or two ago people just wanted convenience and that what was tickling their fancy, but now people want local shops that offer that choice… each local shop does something completely unique"

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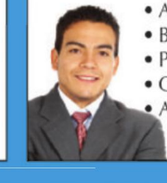

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Ask a professor. So what exactly are office hours for anyway?

LEE SKALLERUP BESSETTE
Metro World News

Most students don't take advantage of the time professors set aside for office hours. I know this because I have spent many an afternoon sitting by myself in my office, waiting for students to come and sit and chat with me. And those who do come will timidly knock while apologizing about disturbing me. This is a part of my job, to offer extra assistance to you outside of the classroom when you need it. It's more disturbing to me when my students don't use my office hours.

But office hours aren't just for when you need extra help or explanation about an assignment. Office hours are an opportunity to get to know your professor, to forge a connection with them.

You can use the time to ask them about their research, their experience, or to seek advice about possible majors or career paths.

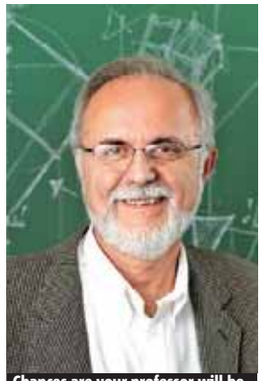
You never know when you're going to need that letter of reference, and you want to be able to approach professors whom you know and who know you beyond a final grade at the end of the semester.

If you can show up at the beginning of the professor's office hours, do so. If not, it is perfectly ok to come when you can within the posted times. If the posted office hours don't work for you because of your class and/or work schedule, speak to the professor before or after class to explain your situation and see if there is an alternative time when you can meet.

Follow the leader

Make sure you know where your professors' offices are:

- It is perfectly acceptable at the beginning of the semester to follow the professor back to their office, prefaced with, "I just want to make sure I know where your office is in case I need to come see you during the semester."
- When you do show up for office hours (posted on the syllabus!), make sure you have a clear purpose in mind; this shows initiative and organization skills. It's ok not to understand an assignment, but make sure you come prepared to explain all the things that don't make sense!



Chances are your professor will be thrilled to speak to a student who's actually interested in the subject matter. ISTOCK

DR. LEE SKALLERUP BESSETTE HAS BEEN A TEACHING AT THE COLLEGE LEVEL FOR ALMOST 15 YEARS, IN THREE DIFFERENT STATES, TWO COUNTRIES, AND TWO LANGUAGES. YOU CAN FOLLOW HER ON TWITTER @READYWRITING

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SHERIDAN INTEGRATES CRAFT DISCIPLINES

Sheridan College has been offering the leading craft and design program for more than 40 years and is now being offered as a degree.

"It was the only program of its kind in Canada that did not offer a degree," says Heather Whitton, associate dean, material art and design, faculty of animation, arts and design, Sheridan College.

The new bachelor of craft and design program is a four-year degree program where students select a specialty in ceramics, glass, furniture, textiles or industrial design. In addition, the program responds to the changing economic environment. "The global digital environment in which we live has changed how designers and craftspeople work together and how objects are designed, manufactured and marketed," Whitton says. "In response to this global change and acknowledging the blurred boundaries between craft, art and design, we have introduced industrial design as a specialty."

Sheridan is the only post-secondary institution to integrate traditional craft disciplines with industrial design.

This unique program will deliver a rich and rewarding experience for students interested in exploring a variety of materials and processes for making consumer products or one-of-a-kind art pieces.

In addition to their specialty, students have the option of taking elective courses in the alternative four studios to enhance their creativity and gain new perspectives on other formats.

This provides students with the opportunity to work in an interdisciplinary approach to materials and processes.

Students experience hands-on, materials-based learning while working in a collaborative environment.

At the end of their third year, students work in the field of their choice during a co-op term, gaining a deeper understanding of the professional environment and community in which they will graduate.

The program culminates with a major thesis project defined by each student and their area of interest.

Graduates may choose positions in design and manufacturing industries, arts service organizations, galleries and retail operations that specialize in craft and design, or pursue graduate education at a variety of universities throughout North America and abroad.

For more about the bachelor of craft and design, visit sheridancollege.ca.

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BRINGING CLARITY TO ANALYST PROFESSION

GEORGE BROWN

When conducting an industry analysis on the new George Brown College analytics for business decision-making program, it was discovered that the roles related to data analyst, business analyst, and data visualizer were not properly classified in Canadian labour markets.

"Companies were coming up with all sorts of creative 'titles' for this role," says Tom Supra, professor, school of business, George Brown College (GBC). "We feel we can fill this need with our program and bring clarity to the role, and to business, in the process."

Supra says the core of what GBC wishes to achieve through this new program would be to have graduates capable of interpreting complex data, including deriving insights and finding patterns, in order to make recommendations to business leaders.

"Our graduates will be able to communicate complex models in easy-to-understand ways, transforming information into useful knowledge," Supra says.

CONTRIBUTED

Students will learn theories about modern big data structure and use, including database construction and maintenance, advanced-level spreadsheet analysis, and other current enterprise-level software understanding and use. They will practise good communication skills, not only in finding patterns in data, but also determining the most effective ways to communicate said insights.

"Many people can do the data analysis, but there are very few who can effectively communicate findings and recommendations in simple terms and easy-to-digest ways," Supra says.

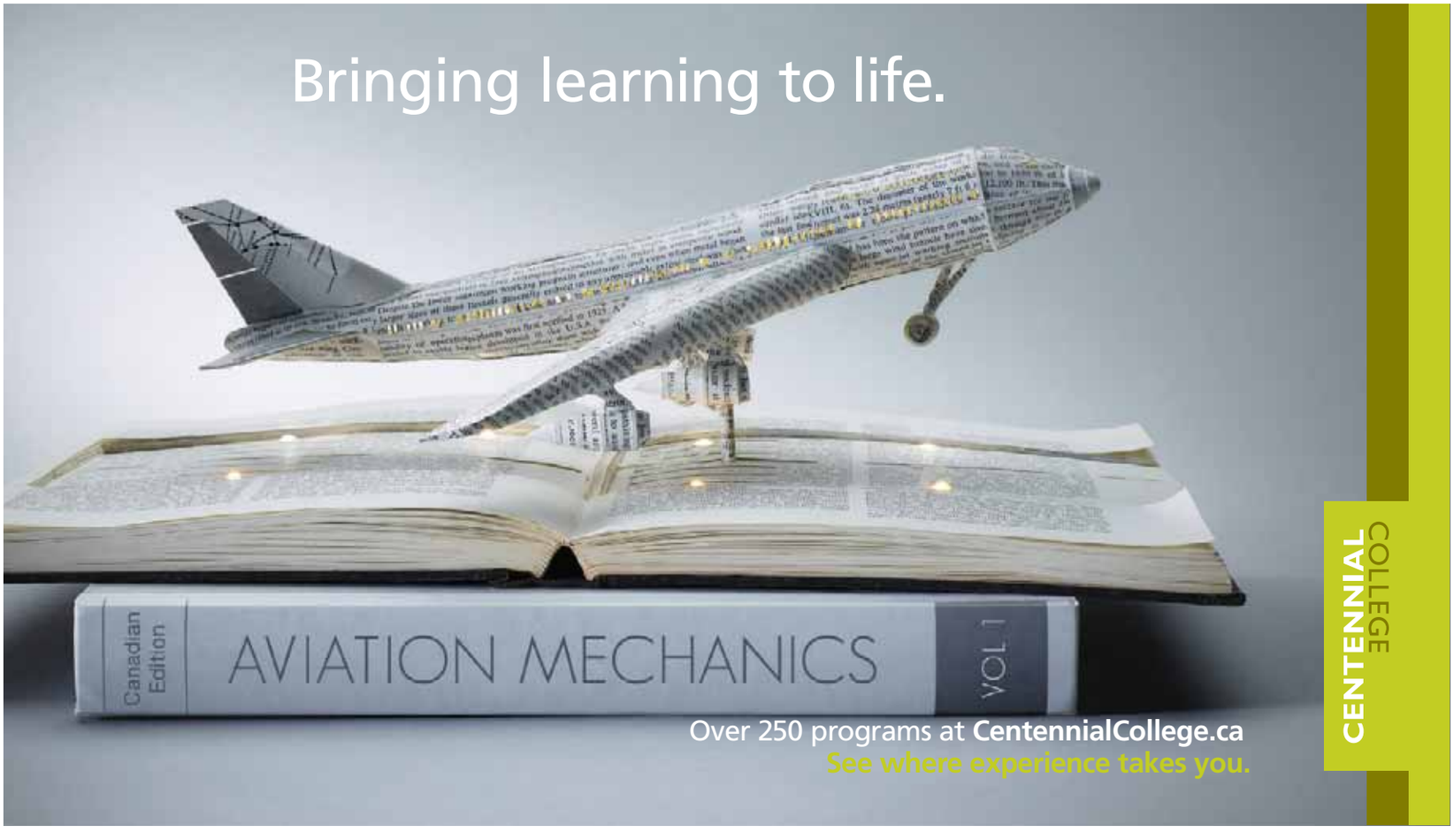
Students will become effective communicators and will be valuable employees across several industries.

"It is time to expand this into a full program with partners across industry," Supra says. "There is demand. There is need. We know we can fulfil this need in our modern and future local and global labour markets."

For more, visit georgebrown.ca.

PROGRAM INFO

The new George Brown College analytics for business decision-making program is full time, completed over two semesters (eight months) through the school of management. Graduates may go on to pursue careers as business analysts, market risk analytics officers, web analytics manager, decision support specialists, or web analysts, to name a few.



AEROSPACE HUB CLEARED FOR TAKEOFF

CENTENNIAL COLLEGE

When Scarborough high school students Asad Muhammad and Mathew Ho sent a plastic Lego figure to the edge of space along with four used cameras and a GPS-enabled phone, they didn't think their $500 adventure would capture the world's imagination. But it did.

Once news of their balloon experiment went viral last year, the teens were inundated with offers to study at some of the best universities. Yet, Muhammad elected to join a highly regarded field tied to Canada's proud aviation history.

Today he is thriving in the two-year aviation technician program at Centennial College, work that will lead to his Canadian aircraft maintenance engineer licence.

Centennial has been teaching aircraft and avionics maintenance for more than 40 years at its Ashtonbee campus. It was the first college to earn Transport Canada accreditation, and graduates are courted to work for airlines and aircraft companies across Canada and around the globe.

CONTRIBUTED

Ontario Premier Kathleen Wynne recently visited the Ashtonbee hangar to announce funding of up to $26 million to help the college relocate its aircraft and avionics programs to the former de Havilland plant at Downsview Park. The investment is seen as the first step towards creating an aerospace training, research and development hub.

Bombardier Aerospace at Downsview Park has already selected Centennial College as its technical trainer of choice by helping to prepare its existing and future workforce with essential new skills. The historic de Havilland plant will be renovated to provide ample instruction space with access to working runways.

The campus will form part of the proposed aerospace hub, which will bring together academic and industry leaders, including University of Toronto institute for aerospace studies, Ryerson University, York University, Bombardier, Pratt & Whitney Canada, Honeywell, UTC Aerospace Systems, MDA Corporation, and Sumitomo Precision Products Canada Aircraft, Inc.

FACTS & FIGURES

- Ontario's 350 aerospace firms employ 22,000 people, and Ontario-made components are used on virtually every passenger aircraft in the world.
- $3.2 trillion in new commercial aircraft and $661 billion in business aircraft will be ordered worldwide over the next 20 years as airlines look to acquire more efficient and environmentally sustainable aircraft.
- Globalization, competition from emerging economies and a diminishing skilled workforce are threatening Canada's ranking as the world's fifth largest aircraft supplier.

With the Ontario government's welcome commitment — and more public and private funding to come — a new chapter in innovative education and training for the next generation of aerospace workers and engineers is about to unfold.

For more, visit centennialcollege.ca.

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HANDS-ON LEARNING WITH LOYALIST COLLGE

Wondering what a college diploma can do for your career? Take it from a university graduate.

Natasha Dragoun Estrada had a university degree when she decided to enrol in the protection, security and investigation program at Loyalist College in Belleville. She hasn't looked back. In the six months since graduation, her career has taken off. One key to her success was the diverse experiences of an industry-connected faculty, and her own hands-on experience, earned during work placements in the program.

During her studies at Loyalist, Dragoun Estrada completed two four-week placements. Her first assignment was with the City of Toronto on the project management team of its corporate security division. Next, she spent four weeks with Interac, working with its fraud operations team. Before the placement was finished, Interac offered her a job.

Dragoun Estrada graduated with the excitement of knowing she had already earned a position in her field. After six months as a fraud analyst with Interac, Dragoun Estrada made the move to Millennium1Solutions, where she is now employed as a senior recovery specialist.

"I can honestly say that I would not be where I am today had it not been for my work placement opportunities," Dragoun Estrada says. "I feel very fortunate to have had the opportunity to start my career with Interac. The experience I gained during this time helped me to determine my long-term goals and how I want to advance professionally.

"When it came to making a decision about college, I looked at the quality of the program, not the size of the city. When I first toured the campus at Loyalist, each of the professors spent almost an hour with me discussing the program and the types of positions graduates were employed in. I realized that if they were willing to invest that much time with a student on a tour, they would go above and beyond for their students. I was right.

"The Loyalist faculty is second to none," Dragoun Estrada adds. "They helped us choose placements that matched our strengths and interests. Their experience in our field is so diverse — we had access to a wealth of learning opportunities that could never come from the pages of a textbook."

For a list of programs at Loyalist College, visit loyalistcollege.com.

PLAN FOR SUCCESS

COLOURBOX

FOCUS ON THE PROCESS OF PREPARING FOR EXAMS TO ACHIEVE OPTIMUM RESULTS

Andrea Moon, a learning strategist at Ryerson University, offers these tips for students when preparing for exams.

1 Motivate yourself to start. It is often useful to start with a "pre-studying" planning task, whether it is organizing your lecture notes, making cue cards or outlining a checklist of what needs to be reviewed. This way, you gradually prepare yourself for your study sessions, but also have a better idea of what material you know well and what material requires more attention.

2 Create a study plan. After you have a better sense about the amount of material that needs to be studied, determine how much time you need to spend on each area and break your time down into manageable shifts. For example, if you have one week to study five chapters, you can commit to studying one chapter a day and use the remaining two days for review.

3 Avoid cramming. Pulling all-nighters is not an effective way of studying. Instead, space your study sessions. If you spread your study sessions across several weeks, you can process the information more efficiently.

4 Apply your knowledge. Use what you have learned before you forget it. Trust what you know and practise interacting with the information. Make connections between the things you learned instead of just memorizing facts — try to link what you are studying to real-life situations.

5 Choose your study space wisely. Study somewhere you know you will be productive and will be faced with fewer distractions. Equip yourself with any tools you will need (laptop, books, cue cards, pens) as well as water and a snack in case you get hungry.

6 Banish smartphones and tablets. If you tend to be distracted by these items, remove them from your study zone while you are hitting the books. Turn off your phone and log out of social media sites.

7 Schedule study breaks. Instead of letting distractions take you by surprise, take control of them by planning short breaks between your study sessions. Fifteen to 20 minutes of walking, playing chess, or kicking around a soccer ball will help you work other parts of your brain and you will feel more refreshed and alert when you return to studying.

8 Stay positive. Give yourself a little pep talk when you are lacking confidence. Instead of focusing on negative outcomes, remind yourself that your efforts have already brought you this far, and that they will continue to move you forward.

– Metro News Services

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LOOKING AT THE FUTURE OF JOBS

While social media experts are in high demand today, the job will not exist in 10 years, alongside taxi dispatchers, postal workers, retail cashiers and word processor typists, according to a recent Thinkopolis report.

In its third edition, the study issued by Workopolis also revealed the fastest growing and declining job titles, the top five skills appearing and disappearing on resumés, as well as optimism levels among Canadians about finding jobs in 2014.

"As we look ahead at employment trends, it's important to look back," says Tara Talbot, vice-president of human resources at Workopolis. "It is fascinating to note that in our last Thinkopolis report we highlighted that online community manager was a job that did not exist 10 years ago, and today we are reporting that in 10 years' time the similar role of social media expert will no longer be in demand. It's a keen reminder that today's job market changes rapidly and the most successful leaders and employees monitor the shifting landscape closely and adapt quickly."

The study reveaks the following findings.

The top five jobs that won't exist in 10 years are: Social media expert, taxi dispatcher, postal worker, retail cashier, and word processor typist.

The five fastest growing job titles on Workopolis are: Financial adviser, representative financial service, field sales representative, sales associate, and social worker.

The five fastest declining job titles on Workopolis are: People greeter, photo laboratory associate, head cashier, data entry clerk, and courier.

Looking ahead to 2014 and beyond, the report reveals encouraging statistics about the optimism of Canadians regarding the job market. Compared to 2012, almost twice as many Canadians believe the job market will improve going into 2014.

Lastly, the report reveals the top skills appearing and disappearing from resumés. Job seekers are changing with the times and adapting their resumés accordingly, dropping obsolete skills and adding ones that will differentiate them from competitors. According to the report, the top five skills appearing on resumés are: File management, applications, anti-virus, artificial intelligence, and business intelligence The top five skills disappearing on resumés are: Switchboard, fax machine, QuarkXPress, Lotus, and Windows.

– Metro News Services

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4 SPORTS

Sports in pictures

1 NBA. Pierce on the shelf

Brooklyn Nets forward Paul Pierce will be out two to four weeks with a broken bone in his right hand. THE ASSOCIATED PRESS

2 Hockey. U.S. HOFers inducted

The Stanley Cup champion, three-time Olympian and four-time NHL all-star Doug Weight was inducted Monday into the U.S. Hockey Hall of Fame in Detroit. Former NHLer Bill Guerin, Hurricanes owner Peter Karmanos, former college coach Ron Mason and women's hockey pioneer Cindy Curley were also inducted. THE ASSOCIATED PRESS

3 NHL. Lupul back on skates

Joffrey Lupul, out with a strained groin, skated by himself prior to the Leafs' regular skate on Monday morning. TORSTAR NEWS SERVICE

NHL. Carlyle asks for a little more from his Leafs

The time is not right for screaming at his players, or pushing them harder, Maple Leafs coach Randy Carlyle said Monday.

At practice, there was yelling — but his commands were more of the rah-rah variety.

With the San Jose Sharks smelling blood as they arrive for Tuesday night's game, the Leafs look like easy prey. Toronto's on a four-game skid going into a stretch against the NHL's upper class.

"We were concerned," Carlyle said about the upcoming schedule. "All we've asked of our players is that we want 10 per cent more from every individual in there. And in some cases, there is 20 per cent more." TORSTAR NEWS SERVICE

Kadri's cure

"We have to get back to the fundamentals and play simple."

Leafs centre Nazem Kadri

NBA. Raptors wobbly as key week out West looms

Dwane Casey characterized his Raptors being in some kind of "semi-funk" as they struck out on a daunting road trip after a terrible homestand and it took DeMar DeRozan about five seconds to digest that description.

"Yeah," DeRozan said. "That's a good word for it."

Losers of three straight and unable to find any offensive consistency, the Raptors are approaching a dangerous week.

At 6-10 they face the Golden State Warriors, Phoenix Suns and Los Angeles Lakers on a difficult week-long trip that could hammer that "funk" even deeper into the team's psyche. TORSTAR NEWS SERVICE

Cool heads

"If anything, the more we get knocked down, we're going to get up and keep fighting."

Raptors guard DeMar DeRozan

Latest Canadian junior squad skews younger

World juniors. It won't just be 19-year-olds playing key roles come Boxing Day in Sweden

It's a tournament meant for 19-year-olds, but Team Canada's entry into the world junior tournament might have to rely heavily on 18-year-olds as well as a couple of exceptional youngsters.

Centre Connor McDavid of the Erie Otters is looking to become the first 16-year-old since Sidney Crosby to crack to the lineup, while defenceman Aaron Ekblad of the Barrie Colts hopes to make the team at 17. Both entered the OHL as 15-year-olds under the league's "exceptional player" status.

"They are exceptional players," said Team Canada coach Brent Sutter. "They were standout players at age 15 and to stand out a year or two later shouldn't be something that shocks because of their talent as highly touted as they were."

McDavid was described as the next Sidney Crosby — by Crosby himself — during the lockout last year. The Newmarket native is sixth on OHL scoring with 11 goals and 34 assists for 45 points in 27 games.

Canada has invited 14 19-year-olds and nine 18-year-olds, along with Ekblad (17) and McDavid (16) to the camp running from Dec. 12-15 in Toronto.

There are no guarantees McDavid or Ekblad will make the final roster when it is cut from 25 to 22 players before the team heads to Malmo, Sweden for the tournament starting Boxing Day. TORSTAR NEWS SERVICE

Canada's wait

4

Canada hasn't won gold in four years and promised to do things differently this year. That meant more scouting and a smaller selection camp — just 25 players instead of the usual 30.

Newmarket native Connor McDavid of the Erie Otters was one of 25 players named to Hockey Canada's world junior selection camp on Monday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

MLB

Catcher Navarro joining Blue Jays

Catcher Dioner Navarro signed a two-year contract with the Toronto Blue Jays on Monday.

He will earn $3 million US in 2014 and $5 million in 2015.

The 29-year-old hit .300 with a career-high 13 home runs in 89 games for the Chicago Cubs last season. He also had 34 RBIs.

Dioner Navarro
THE CANADIAN PRESS

Navarro, who has struggled with injuries throughout his career, has a .251 average, 54 home runs and 243 RBIs in 10 MLB seasons. THE CANADIAN PRESS

Stadium collapse

Back to work in São Paulo

Workers returned Monday to the stadium that will host the opening match of the World Cup, five days after an accident killed two workers and renewed questions about Brazil's readiness to hold the tournament. THE ASSOCIATED PRESS

Semyon Varlamov

Avs goalie remains free on bond

Colorado goalie Semyon Varlamov can remain free on bond while facing a domestic violence charge involving his girlfriend, a judge said Monday. The judge advised him to face a misdemeanour charge of third-degree assault. THE ASSOCIATED PRESS

Curling. Martin edges Stoughton to begin Olympic trials with 2-0 record

Jeff Stoughton made a great shot to tie their game but it wasn't enough as Kevin Martin extended his winning streak at the Olympic Curling Trials to two games and put Stoughton in a must-win situation from now on.

"Wasn't that something ... you're just never safe," Martin said of Stoughton's shot, minutes after the Edmonton skip's single in the 10th made it 6-5.

"We had to make it a tough double and of course he made an incredible double and made it a close game."

Brad Jacobs and John Morris also stayed undefeated. Morris, Martin's former third, is curling with B.C.'s Jim Cotter and he beat Calgary's Kevin Koe 6-4 and Jacobs, out of Sault Ste Marie, Ont., downed Winnipeg's Mike McEwan 7-5.

Glenn Howard, out of Coldwater, also beat fellow Ontario skip John Epping of Toronto 9-5, which left both at 1-1.

THE CANADIAN PRESS

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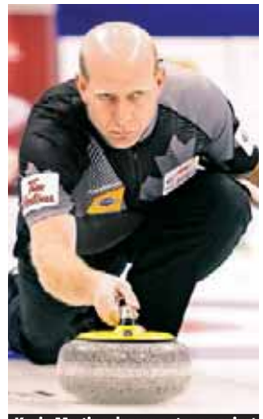

Kevin Martin releases a stone against Jeff Stoughton in Winnipeg on Monday. JOHN WOODS/THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	28	14	14	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Philadelphia	26	12	12	2	57	63	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	28	15	8	5	68	67	35
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.

Monday's results
Winnipeg 5 NY Rangers 2
Montreal 3 New Jersey 2
Philadelphia at Minnesota
St. Louis at Los Angeles
Sunday's results
Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)
Tuesday's games
All Times Eastern
San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.
Wednesday's games
Montreal at New Jersey, 7 p.m.
Philadelphia at Detroit, 8 p.m.
Phoenix at Calgary, 10 p.m.
Thursday's games
Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.
Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malkin, Pgh	7	28	35
Steen, StL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Atlanta	9	9	.500	7½
d-Toronto	6	10	.375	9½
Washington	9	9	.500	7½
Chicago	7	8	.467	8
Charlotte	8	10	.444	8½
Detroit	7	10	.412	9
Boston	7	12	.368	10
Orlando	6	11	.353	10
Philadelphia	6	12	.333	10½
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12½
Milwaukee	3	13	.188	12½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	14	3	.824	—
d-San Antonio	14	3	.824	—
Oklahoma City	12	3	.800	1
d-L.A. Clippers	12	6	.667	2½
Houston	13	5	.722	1½
Denver	10	6	.625	3½
Dallas	10	8	.556	4½
Golden State	10	8	.556	4½
Phoenix	9	8	.529	5
New Orleans	8	8	.500	5½
Memphis	8	8	.500	5½
L.A. Lakers	9	9	.500	5½
Minnesota	9	10	.474	6
Sacramento	4	11	.267	9
Utah	3	15	.167	11½

d–division leader

Monday's results
Washington 98 Orlando 80
New Orleans at Chicago
Atlanta at San Antonio
Houston at Utah
Indiana at Portland
Tuesday's games
Orlando at Philadelphia, 7 p.m.
Denver at Brooklyn, 7:30 p.m.
Milwaukee at Boston, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Oklahoma City at Sacramento, 10 p.m.
Toronto at Golden State, 10:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

♉ Taurus
April 21 - May 21
In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

♊ Gemini
May 22 - June 21
Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

♋ Cancer
June 22 - July 23
If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

♌ Leo
July 24 - Aug. 23
Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

♎ Libra
Sept. 24 - Oct. 23
Your energy may be high at the moment but don't burn yourself out. Social invitations will come over the next few days but you are under no obligation to says yes to any.

♏ Scorpio
Oct. 24 - Nov. 22
The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

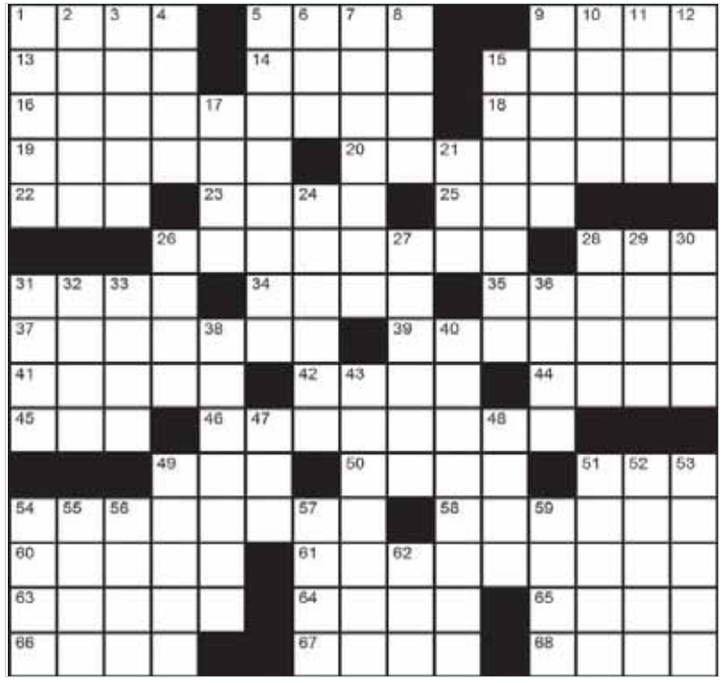
♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

♒ Aquarius
Jan. 21 - Feb. 19
The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

♓ Pisces
Feb. 20 - March 20
You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. SALLY BROMPTON

Crossword: Canada Across and Down

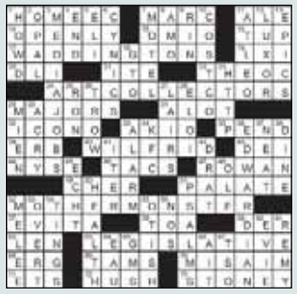
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Punt
5. '90s Halifax band
9. Britney Spears' new album: 'Britney __'
13. __ even keel: 2 wds.
14. Stratford-__-Avon
15. Ms. Berry
16. Potter's penner
18. "Golly!"
19. Anna Karenina's love in Leo Tolstoy's classic book
20. Shoppers __ __
22. Tonality
23. __ Admiral
25. Gambler's cube
26. "Hmm...": 3 wds.
28. Fred __ (Lyricist of Broadway musical Cabaret)
31. Swedish store
34. John who co-hosted "Entertainment Tonight"
35. "Like that'll happen!"
37. Fraser = _ _ __
39. Actress Ferrera
41. CTV journalist Ms. Ien
42. "__ _ help you?" (Store's query)
44. Kinds
45. Fathers of Jr.s
46. College in Ontario; or, actress Nicollette
49. Three non-consonants
50. Singer/songwriter Aimee
51. Grand __ (Wine designation)
54. Egypt: Kingly discovery back in '22: 2 wds.
58. Scratcher's reasons
60. Popeye's enemy
61. Traditional dwelling of the Iroquois
63. Tree type
64. Nine __ Nails
65. Mix
66. Mailing enclosures, e.g.
67. Green, in Gaspe
68. Xs

Down
1. '70s detective series
2. Linen tape for trimmings
3. Comedian Drew
4. Fort __, Kentucky
5. 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
6. Prefix to 'culture' (Beekeeping)
7. England's capital, in France
8. Civil or Electrical, e.g.
9. Actress Ms. Pressly
10. __ Ostrovsky ("Hot in Cleveland" character)
11. Yankee or Oriole, e.g.
12. Tree dwelling
15. Cleanliness
17. Was alternative
21. 'Quiet' add-on
24. Punish with an arbitrary fine
26. Secular
27. Ms. Twain
28. Santana song: "__ Ways"
29. British guitarist Jeff
30. Cape Breton inland sea, __ d'Or Lake
31. Some PCs
32. Vehicle in "If I Had $1,000,000"
33. Makes mistakes
36. Ireland, in verse
38. Guest
40. One Direction's latest album: '__ Memories'
43. Ulna: 2 wds.
47. Boo-__
48. Literary collection [abbr.]
49. "Melrose Place" star Rob
51. Plane-jumper's need
52. Amber, for example
53. Device operators, for example
54. Time as yet unknown acronym [pl.]
55. Role in "The Producers" (2005)
56. Sassiness, in slang
57. 1054 in ancient Rome
59. Price
62. ATM maker

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7		1		5		2	9	
	5	9						
			1					8
4		2	5					
8			6		4			5
					8	3		9
5					3			
						5	1	
	3	8		1		9		6

Yesterday's Sudoku

2	4	6	3	5	8	7	1	9
7	1	3	2	9	4	6	5	8
5	8	9	7	6	1	2	4	3
3	5	1	4	2	6	8	9	7
9	7	4	1	8	3	5	2	6
8	6	2	5	7	9	1	3	4
1	9	5	6	3	7	4	8	2
6	2	8	9	4	5	3	7	1
4	3	7	8	1	2	9	6	5

Today
3°/2°
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Wednesday
7°/0°
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PART 3 OF 3 IN A SERIES:
"PROTECTING ONTARIANS"

CARBON MONOXIDE ALARMS EXPLAINED

The only way to know deadly carbon monoxide gas is present in your home is with a CO alarm. Understanding the different models can help you make the right safety choice for your family.

Carol Heller is a home safety expert with Kidde Canada, a leading manufacturer of carbon monoxide alarms used to detect this deadly gas. She says research shows that nearly 60 per cent of Canadian homes do not have a CO alarm.

"Many people tell me they don't need one because they have electric heat," Heller says. "But when I ask them if they have a gas stove or water heater, or a wood-burning or gas fireplace, or a garage or carport attached to their house, they realize their families have been at risk for years."

CO alarms fall into a few distinct categories. Plug-in models are most familiar, with models that have a continuous digital display being most popular. "People like seeing a digital reading whenever they look at the alarm, a zero gives them peace of mind," Heller says. "Models that require you to push a button to get a reading are not so convenient."

Battery-powered carbon monoxide alarms are a convenient way to add protection to any location in your home or even places such as in a hotel, an RV, trailer, or even a hospital room.

Combination alarms that contain both smoke and CO sensors are also gaining acceptance since they are essentially two alarms in one. Plug-in and hardwired models should always have battery back-up in case of power outage.

Kidde's new "worry-free" alarms have quickly become very popular due to their sealed lithium battery that lasts 10 years from activation. That means there are no batteries to change until it is time to replace the alarm itself.

"Most CO alarms cost in the range of $30, a small price to pay for your family's safety," Heller concludes.

Kidde
United Technologies

NEW CARBON MONOXIDE LAW PROTECTS ALL ONTARIANS EQUALLY

Oxford MPP Ernie Hardeman introduced the "Hawkins-Gignac Act" in 2008 following a terrible CO tragedy in Woodstock. Ontario families will be safer now that his bill has been passed into law, requiring carbon monoxide alarms to be installed in all homes in the province at risk of CO.

"This new law protects all families equally," says Carol Heller, a home safety expert who heads up fire and carbon monoxide education for Kidde Canada, a leading smoke and CO alarm manufacturer.

"The building code mandates installation of carbon monoxide alarms in all homes built after 2001, but until now there was no CO protection required in older homes unless local municipalities enacted bylaws. Now, regardless of the age of your home, if you have any fuel-burning device or appliance, or a wood or gas fireplace, you must protect your family with a CO alarm."

The new law also mandates carbon monoxide alarms for homes with an attached garage or carport. It was named "The Hawkins-Gignac Act" in honour of OPP Constable Laurie Hawkins and her entire family who tragically lost their lives in December 2008 when carbon monoxide seeped back into their home due to a blocked chimney vent attached to their gas fireplace. They did not have a CO alarm.

That tragedy was a wake-up call for more carbon monoxide education and possible legislation.

"When John Gignac, Laurie's uncle and a former firefighter, asked for Kidde's support in warning all Canadians about the dangers of CO, we agreed unconditionally," Heller says. "The Hawkins and Gignac families have shown incredible courage over the past five years as they tried to make something positive come from such a horrible loss."

Carbon monoxide is known as 'The Silent Killer' because it is colourless, odourless and tasteless. It can only be detected with a working CO alarm.

HAWKINS-GIGNAC
FOUNDATION FOR CO EDUCATION
FONDATION DE L'EDUCATION AU CO

MYTHS BUSTED ABOUT CARBON MONOXIDE

Despite growing awareness of the dangers of carbon monoxide, misperceptions still persist about the Silent Killer.

1. CARBON MONOXIDE MIXES WITH AIR ✓

Many people think carbon monoxide is either heavier or lighter than air. In fact, it is almost exactly the same density as air and will mix freely with it. Many CO alarms plug into a standard wall socket, close to floor level. Some are battery powered and portable and can be placed on a bookshelf or table top. Others are hardwired or combined with smoke alarms and are installed on the ceiling. Bottom line? You can install a CO alarm at almost any height in your home.

2. CARBON MONOXIDE ALARMS LAST FOREVER ✗

We don't expect our cars, appliances, watch batteries, even the roof of our house to last forever. So why do we think our CO or smoke alarms do? CO alarm sensors are working 24/7 week after week, year after year. Over time, they get old and can also become obscured by smoke, pet hair and other airborne dust. You want an alarm that provides the maximum amount of early warning to danger, so replace them every five to 10 years depending on the brand. Check packaging for details and remember, hardwired CO alarms must also be replaced.

3. INSTALL A CO ALARM IN YOUR FURNACE ROOM ✗

Each time your gas furnace or water heater starts up it may emit a small puff of carbon monoxide caused by incomplete gas combustion. So if you install a carbon monoxide alarm inside or too close to your furnace area you may experience false alarms. Always read your alarm's manual for correct alarm placement. As a general rule, you want your CO alarm outside bedrooms to wake you up at night when you are sleeping.

4. A CARBON MONOXIDE ALARM IS INEXPENSIVE PEACE OF MIND ✓

Carbon monoxide is colourless, odourless and tasteless. It can only be detected with a CO alarm. If your home has any potential source of the deadly gas install a carbon monoxide alarm for peace of mind.

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